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Cover Photograph by Romulo Yanes
Food Styling by Susan Sugarman/ArtistReplnc.com
Prop Styling by Leslie Siegel

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Family Circle Vol. 124, No. 4, April 1, 2011 (ISSN 0014-7206), is published 15 times a year (with two issues in April, October and November; one issue in the remaining months) by Meredith Corporation at 375 Lexington Ave., New York, NY 10017-5514. Periodicals postage paid at New York, NY and additional mailing offices. Canada Post International Publications Mail Product (Canadian Distribution) Sales Agreement No. 40069223. Canadian GST registration number is BN12348 2887 RT. For change of address or subscription inquiries write to: Family Circle, P.O. Box 37205, Boone, IA 50037-0205 or call 800-627-4444. In Canada, send change of address to Canada Post, P.O. Box 867, Markham Station Main, Markham, Ontario L3P 8K8. Subscriptions: U.S. annual rate: \$19.98. Canada annual rate: \$41.98 (plus GST) in Canadian funds. Foreign annual rate: \$53, payable in advance, U.S. funds only. Postmaster: Send address changes to: Family Circle, P.O. Box 37205, Boone, IA 50037-0205. Printed in the USA.

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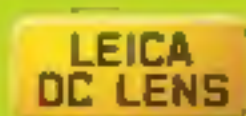
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from the editor



THE REBUCCIS' NEW HEALTHY FAVORITES

The Rebuccis, our Healthy Family 2011, are on a yearlong quest to improve their eating habits. Check out a few foods they love and go to familycircle.com/healthyfamily2011 to learn more:



CHOBANI YOGURT

Strawberries, blueberries and raspberries make an all-natural, sweet 100-calorie snack. Grocery stores, \$4/4-pack



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Carrots, tomatoes, zucchini and peppers infuse this medley with vitamins A and C. Grocery stores, \$2.50



BUTTERBALL TURKEY BACON

These slices have 65% less fat than the traditional version. Grocery stores, from \$2.50

As we were closing this issue, Walmart announced a dramatic new health initiative that caught my attention: a five-year plan to reduce the sodium, fat and sugar in thousands of its packaged foods, in addition to lowering the prices of fresh fruits and vegetables. The company said it had been planning the changes for a year, which would have been just about the time we at *Family Circle* conceived of Healthy Family 2011 (check out "In the Kitchen with Regina," page 106; "Sea Change," this month's Healthy Family Dinners story, page 108; and "Healthy Fast Food," page 96) and Michelle Obama announced her Let's Move program to combat childhood obesity and promote healthy

eating. Coincidence? Not really. The declining health of American families (obesity, diabetes, heart disease, etc.) is well documented and won't improve unless people and organizations that have the power to encourage change step up and propose solutions. So now we have one of the largest women's magazines in the country, the largest grocer in the country and the First Lady all on a mission to help Americans lead healthier, more nutritious lives, which is a powerful step in the right direction.

Linda Fears, Editor in Chief
linda@familycircle.com



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community and donating the money raised to those who need it. The campaign runs from March to October. Visit greatamericanbakesale.org for more information.

For the fourth year, we're partnering with Share Our Strength's Great American Bake Sale in the fight to help end childhood hunger in this country by 2015. Over 17 million children in the U.S. struggle to get enough food to eat—600,000 more than last year. You can participate by organizing a bake sale in your



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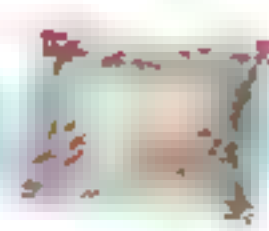


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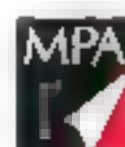
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feedback

The Perfect Pie

I've been making your apple pie recipe since it was published in your April 1975 issue. The page has darkened a bit, and there are a few splatters on it now, but it's still the best one I have found and my family loves it!
Linda Fairweather, SPRINGFIELD, MO

BEST APPLE PIE

BAKE at 425° for 40 minutes
MAKES one 9-inch pie

- 2 pounds cooking apples, pared, quartered, cored and thinly sliced (8 cups)
- ½ cup firmly packed light-brown sugar
- ½ cup granulated sugar
- 1 tablespoon cornstarch or 2 tablespoons flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 1 box piecrust mix or 1 package (15 ounces) refrigerated piecrusts
- 2 tablespoons butter or margarine
- Water or milk
- Sugar for sprinkling

① Heat oven to 425°. Place apples in large bowl; mix sugars, cornstarch or flour, cinnamon, nutmeg and salt in a small bowl; sprinkle over apples; toss gently to mix. Let stand until a little juice forms, about 10 minutes.

② Meanwhile, prepare piecrust mix, following package directions. Roll out half of dough to a 12-inch round on a lightly floured surface; fit into a 9-inch pie plate. Trim overhang to ½ inch.

③ Pile apple mixture into pastry; dot with butter or margarine. Moisten edge of bottom pastry with water. Roll out remaining pastry for top to a 12-inch round; carefully drape over filling. Trim overhang to 1 inch; turn edges under and press together to seal. Flute decoratively. Cut vents in pastry with paring knife.



④ For a crispy-sugary top, brush top of pastry with a little water or milk and sprinkle lightly with sugar.

⑤ Bake at 425° for 40 minutes or until juices bubble through slits and apples are tender. If edge is browning too fast, cover with a narrow strip of foil. Cool completely or serve slightly warm.

FACEBOOK POST OF THE MONTH

"I color my daughter's hair and this product is amazing!! Love it!"

—Joanna Trusdie

Visit familycircle.com/haircolor to see a video on how to apply *Clairol Nice'n Easy* color system.

what's online

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GARDEN VARIETY

Vegging Out

In the beginning was the green-market rage. Then came Michelle Obama's much-talked-about White House garden and the First Family's love of creamless creamed spinach, followed by *Iron Chef America's* first all-vegetarian contest, "Battle Broccoli." Meanwhile, the Meatless Monday movement is gathering steam, with more chefs and restaurants casting vegetables as the star, not a bit player. One Pico restaurant in Los Angeles, for example, offers three-course veggie-tasting menus for \$29. But the gotta-get-back-to-the-garden trend isn't all high-end—witness the mashed-potato bars springing up at weddings and banquets across the country (choose white or sweet, then go wild with DIY toppings). Of course, you could whip up meatless meals at home any day of the week. Your kids might even ask for seconds.



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REFORM SCHOOL

The Department of Agriculture is giving \$2 million to food behavior scientists to test marketing tricks that will get kids to pick veggies and fruits over french fries and cake. Here's what works:

Placing healthy foods at the start of lunch lines, not the middle
Sales up 10%-15%

Using catchy names (like "creamy com" instead of "corn")
Sales up 27%

Asking, "Want a salad with that?"
Sales up 33%

Putting fruit in a bowl, not a stainless steel pan
Sales up 50+%

Source: Cornell University

SCIENCE CORNER

THEY ARE WHAT YOU EAT. SERIOUSLY.

Allow me to introduce you to a mom in upstate New York downing a pizza the size of a bike tire. And a Wisconsin dad dipping cheese fries in ranch dressing. And two parents munching fried calamari with tartar sauce on a sunny California boardwalk.

What do they have in common? All uttered this statement to me: "I can't control what my kids eat!"

Mind you, all of them were with their kids at the time. And, in fact, they were controlling what their offspring ate—just not for the better.

My Food and Brand Lab at Cornell University recently studied more than 400 parents in the U.S. and Canada who buy and prepare most of the food their families eat at home—the so-called Nutritional Gatekeepers. (I bet you're one of them, or you wouldn't be reading this

(continued on page 18)

TRENDSPOTTING HOLDING PATTERN

We hate to admit it, but sometimes size really does matter. The oversize clutch is one of the hottest accessories this spring, and with good reason. It's roomy enough for your wallet, cell phone, hairbrush and makeup, but not so ginormous that when you stuff it you can't find a thing. From designers like Chanel (pictured), Marc Jacobs and Alexander Wang, to budget-friendly stores like Kohl's, these carryalls come in a variety of fabrics, shapes and details—buttery suede and summery raffia, buckles and zippers, slender handles and detachable shoulder straps for the hands-free at heart. Now that's our idea of a grab bag.



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SCIENCE CORNER

magazine.) We found that, on average, they controlled 72% of what their families eat—for better or worse.

It's for better if they have fresh fruit on the kitchen counter instead of cookies. Or if they send their kid to school with carrots, multigrain crackers and a cheese stick for snack, instead of just saying, "Buy what you want."

What if they don't take a banana, or eat the packed snack? Chalk it up to the 28% you don't control. At least you gave them a healthy option they might not otherwise have considered.

And therein lies the power of the Nutritional Gatekeeper—offering good choices.

If we want our kids to eat better, we need to show them how it's done. If we munch our way through a giant bag of potato chips while watching *The Biggest Loser*, why shouldn't they?

Another example: Because I'm not a coffee drinker, I down a diet soda every morning. "Gross," you might think. I don't agree, but here's what's finally making me reconsider this 30-year-old habit. Every time I have a can in my hand, my two daughters ask for a sip. They don't beg for diet soda when I'm not around.

So it turns out, we do influence what our kids eat, more than we think. It's just a matter of whether that's for the better—or worse

Brian Wansink, Ph.D., is a professor and the director of the Cornell University Food and Brand Lab. To learn more about his work, log on to MindlessEating.org

MOVIN' ON UP

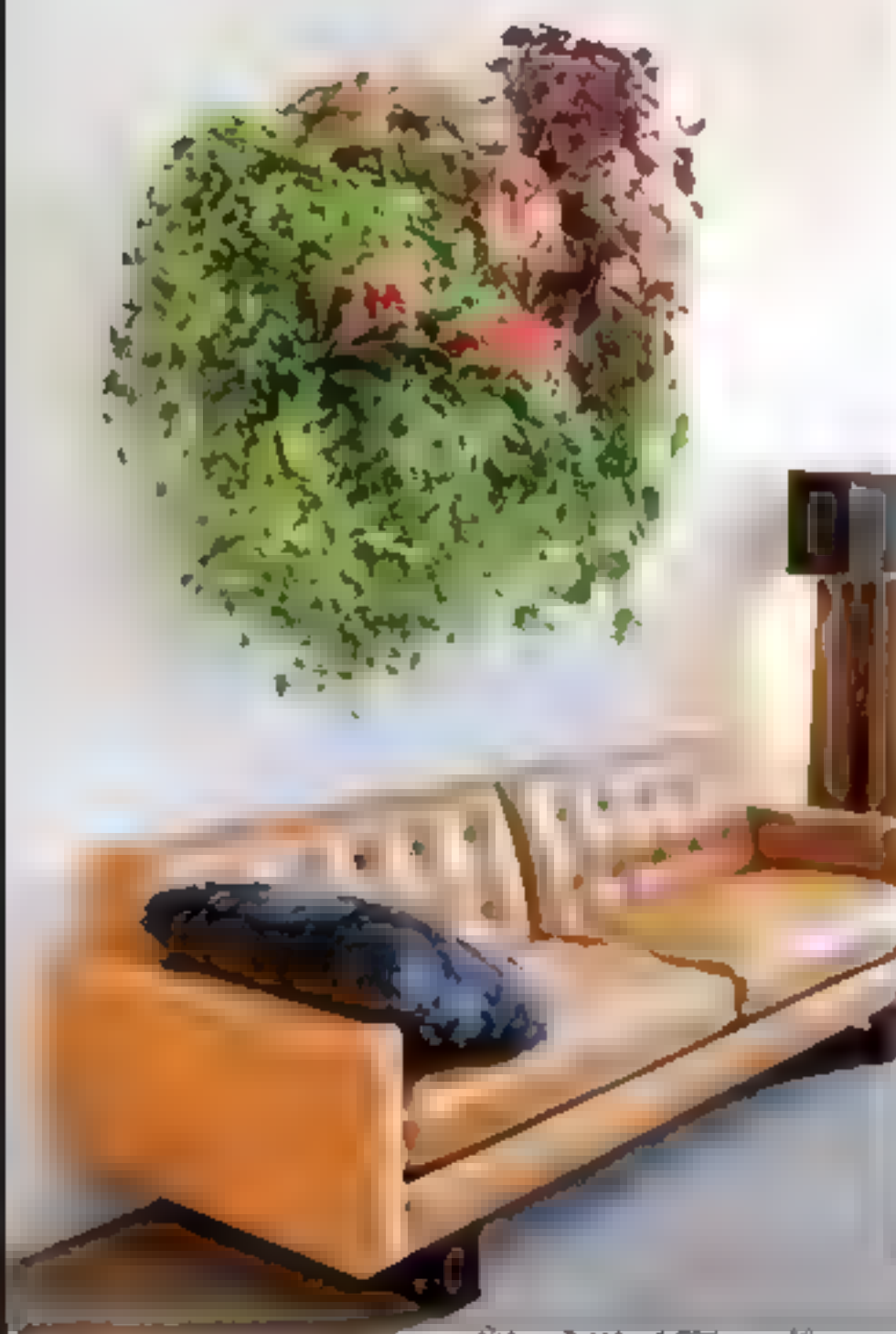


Sure, exercise burns calories, but it also can be an easy route to anger management. In a University of Georgia study, volunteers watched a slide show of news events that got their blood boiling, then sat quietly or rode a bike for 30 minutes before seeing the slides again. Those who didn't work out felt even more irate, but people who exercised managed to stay calm. So if filing your tax return leaves you fuming, take a breather—then take a hike.

PROCRASTINATION NATION

Top 10 cities with the most taxpayers filing between April 14 and 17: Houston, Chicago, New York, Austin, San Francisco, Seattle, San Diego, Los Angeles, Dallas, Las Vegas. Source: TurboTax

IVY LEAGUE

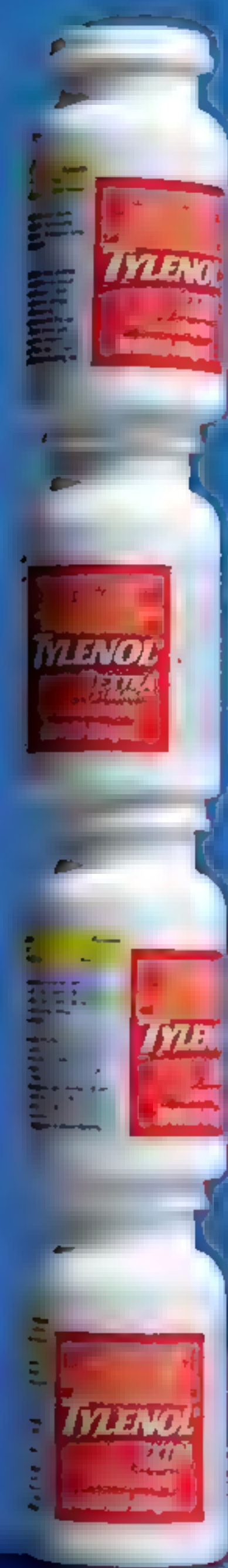


Think of it as wallpaper gone wild. The Wally Pocket lets lush greenery sprout right from your walls. Hang it using the included hardware, then fill with potting soil and plants for instant greenification. The dense material (made from 100% recycled water bottles) has a built-in moisture barrier, so no need to worry about drainage. The result is a mini oasis that looks a little *Gilligan's Island*, a lot cool. Dare we say, take it or leaf it? Wally Pocket, woollypocket.com, from \$39



KIDDING AROUND

Laughter is the best medicine—at least up to a point. While people with a good sense of humor are less likely to develop heart disease, laughing too hard and often can weaken blood vessels, according to a new study by the University of Maryland. Ha! April Fool's. "Fact is, laughter is like diet and exercise," says Michael Miller, M.D., who headed the (real) research. "The merrier you are, the more benefits to your health." Even when the joke's on you.



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†Comparison to Extra Strength Tylenol based on minimum label dosing for 24 hours.

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HOME

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Photo: Laurie Black

Lighten Up

Get into the spring of things by giving your home a quick and easy seasonal makeover. As the days grow warmer, ditch the heavy comforter and try a pastel-colored blanket or coverlet on your bed. For extra flourish, top off the look with complementary throw pillows in solids, toile prints or stripes; add a casual flower arrangement on a side table. Linens and accessories in a fresh hue, like light green or yellow, will instantly perk up a space and are a simple way to banish those winter blues.

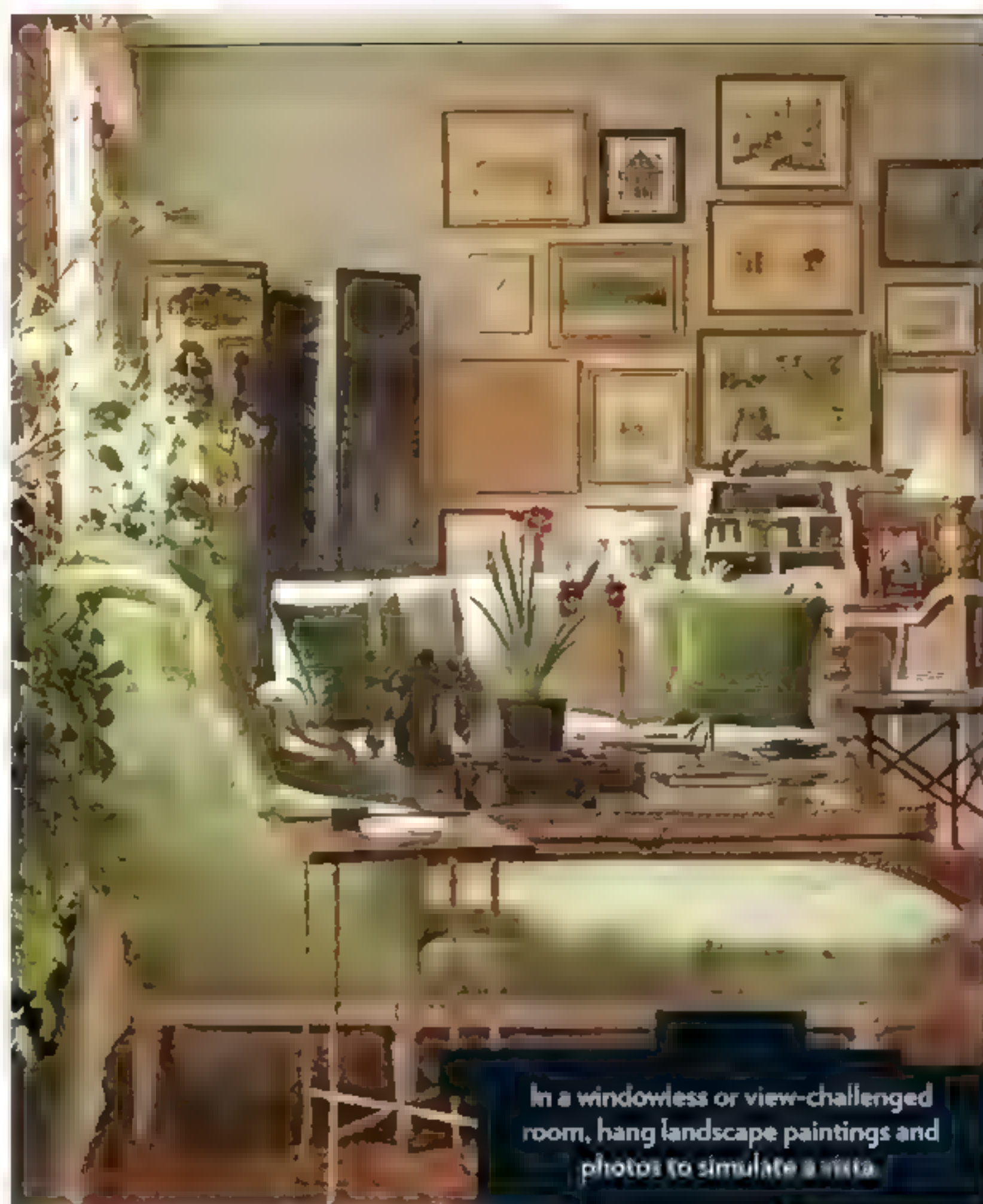
→ BY KATE DOHERTY

» SHOPPER'S QUERY

What is an étagère?

The French word for a freestanding bookshelf with open sides, this piece of furniture is a chic place to display small objects, books and other treasures.

Tower, Cindy Crawford Style, jcpennney.com, \$200



PRO pointers



In *Charlotte Moss Decorates* (Rizzoli), the interior designer shares tips for achieving her signature effortless elegance. Her advice for embarking on your own project:

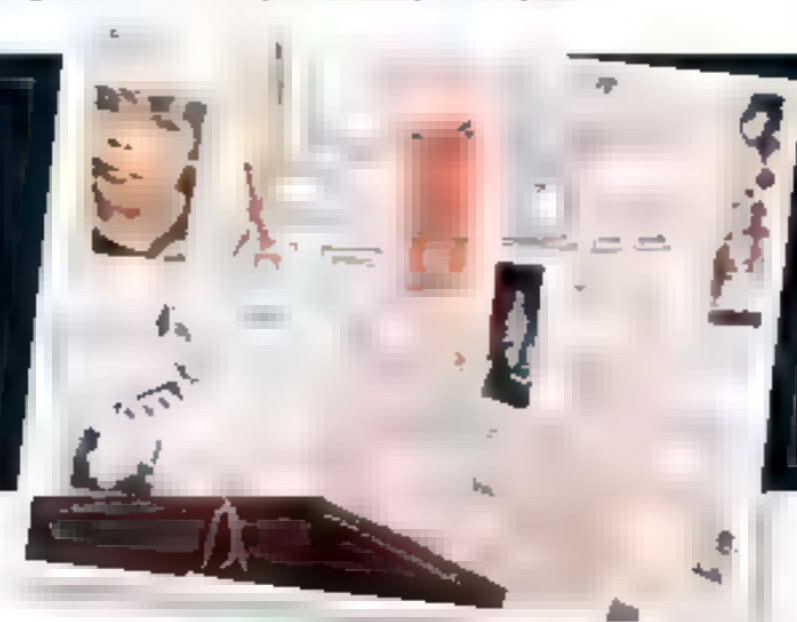
GET CRAFTY → To help hone and define your tastes, fill a scrapbook with images and things that inspire you, like pages torn from magazines or catalogs, favorite photos and fabric swatches.

FORGET TRENDS → Furnish your rooms

with what speaks to you. Just like the current skirt lengths, "it" home accessories or colors aren't a must for everyone.

MAKE 'EM LAUGH → A touch of humor brings a space to life; try a quirky table object or a witty needlepoint pillow.

WORK OF ART The new Frames wallpaper (grahambrown.com, \$45/roll) lets you create a gallery in your own home. Hang in a family room or kids' room, and display your photos, art or postcards. To avoid putting holes in your walls, use removable adhesive rather than push pins.



FINNISH

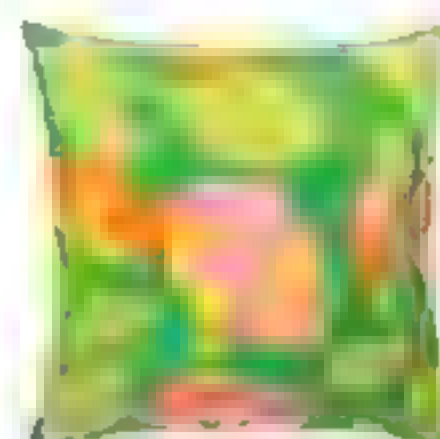
Scandinavian textile and accessory company Marimekko has long been a decorator go-to for its trademark cheerful prints. Celebrate the brand's 60th anniversary with graphic goodies for your home.



Ruuturova oven mitt, \$19



Sirtolapuutarha mug, \$20



Green Green pillow case \$29

All items available at kitosmarimekko.com

Role mother.

To strengthen my modern family, I follow my mama's example. She always set our table with milk and I do the same. Milk's got nutrients like protein and potassium that are important to pass on. Like mother like daughter.

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Curtis Aikens
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Mary Ann Esposito

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Kitchens are more than just places to cook. Together with Food University presented by *Family Circle* magazine, IKEA will give you the inspiration and the basic know-how to utilize your kitchen like a pro, from organization and cooking techniques to entertaining with style.



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BIG

TURN UP THE VOLUME IN A SMALL BEDROOM, ENTRY OR KITCHEN WITH STYLISH

IDEAS

PRODUCED BY JOHN LOECKE >> TEXT BY TERRY TRUCCO >> PHOTOGRAPHY BY WENDELL T. WEBBER

SLEEP TIGHT

A big bed can work in a petite room as long as it's treated like a showpiece with splashy linens and whimsically mismatched side tables. "It's making maximum use of cramped quarters—just leave enough room on either side so you can walk around," says New York designer John Loecke.

✓ Loecke painted the trim in a contrasting coat of high-gloss paint. "Without a window treatment you can see the view outside, and the room feels more open," he says.

✓ "You might be tempted to furnish minimally," Loecke says. "But filling limited square footage with pictures, patterns and colors actually makes a space look more welcoming and expansive."



SPACE-SAVING IDEAS THAT MAKE THE MOST OF WHAT YOU HAVE.

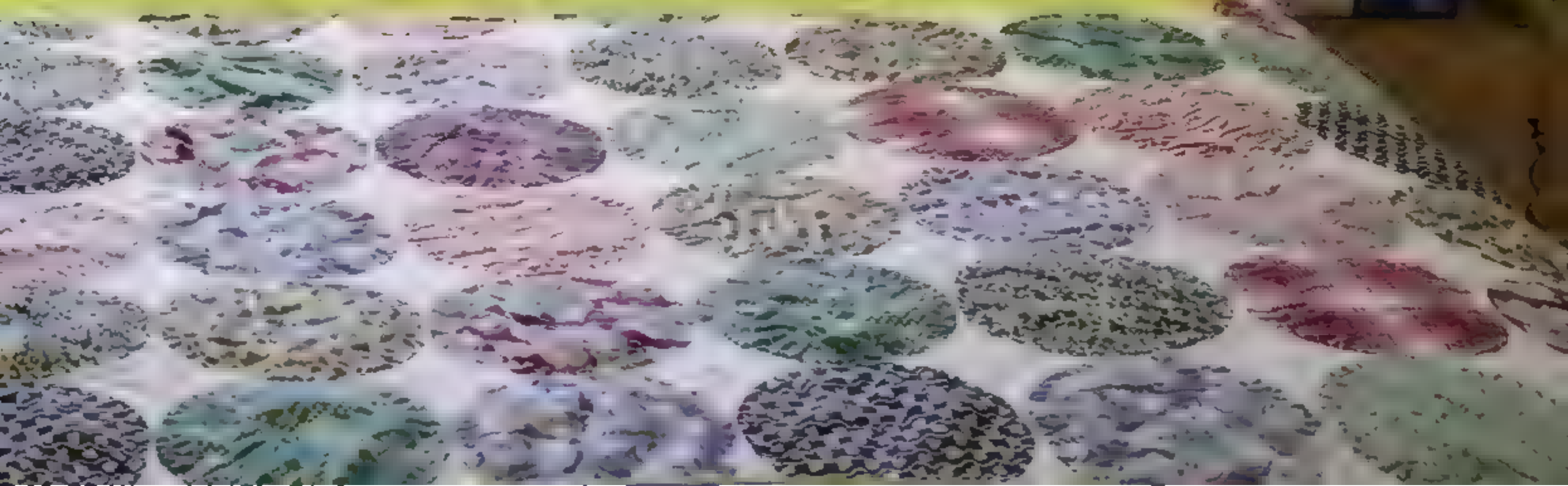




TABLE MANNERS

A tall piece of furniture can draw the eye up and away from a kitchen's modest footprint. This cupboard functions as a sideboard as well as a place for storage—a boon for those with limited cabinet space.

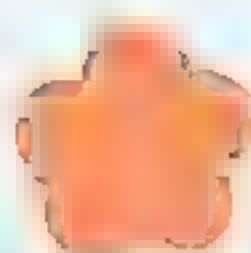
✓ Loecke stocked the shelves with a hodgepodge of china, including flea market pieces. "You wouldn't be drawn to the hutch or find it as interesting if the china were all white," he says.

✓ A round table fits more easily in a tight space than a square or rectangular one and seats more people.





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BOLD MOVES

Dark espresso walls and pattern mixing give this guest room a cozy feeling. "You might get tired of a bold print in the living area but it can make a tiny, less-used space exciting," says Loecke.

✓ A painted white floor and ceiling further opens up the space and is more modern than stained wood or carpeting.

✓ Loecke deliberately chose a variety of furnishings, like the antique Chinese chest and the contemporary clean-lined daybed from westelm.com. "When you mix different styles, you get a comfortable, timeless look," he says.

✓ Pack a small room with lots of options and you'll live larger. This daybed serves as a retreat to curl up with a laptop or a book. The trunk stores linens and does double duty as a side table.



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OPENING CEREMONY

A little something in the entry, like a narrow perch for flowers, creates a welcoming focal point for guests.

✓ A composition of pictures, placed unpredictably and irregularly atop decorative wallpaper accentuates the intimacy.

✓ A chair can fit in a space too tight for a big table and provides a place to remove your boots or toss the keys or mail. Add a cushion for an extra dash of color.

✓ Loecke replaced a solid door with multi-paned glass that lets light in to make a bigger impact.

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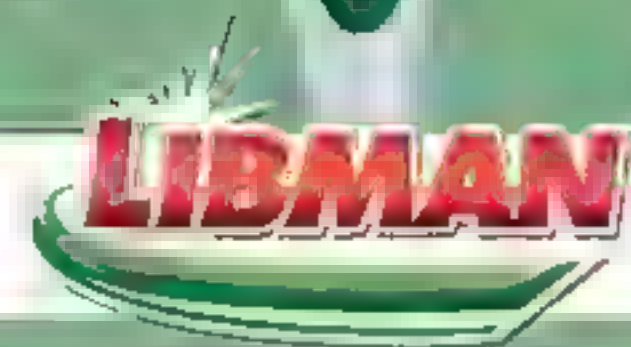


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Actually, don't punch me. I'm
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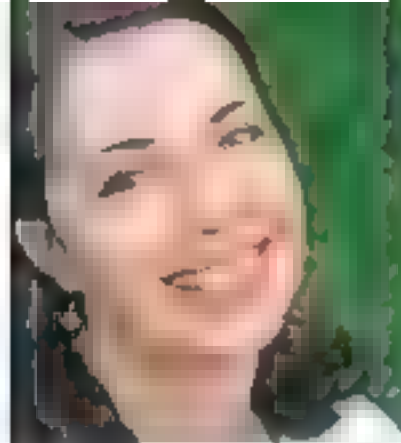
Imagine the comfort and quality of La-Z-Boy in sofas, loveseats and chairs customized exactly to your taste. Envision being able to select from 900 fabrics and leathers. Picture yourself adding your own special details, like contrasting welts, nail-head trim, accent pillows and more. And now visualize it all ready for you even faster than expected. No, you're not dreaming. You're home.

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Crafty ideas from a style-savvy mom.
BY SUZONNE STIRLING

DIY

top that

I'm always on the prowl for folding tables. Lightweight and versatile, they can be used for everything from craft supplies to snacks, then stashed away neatly in a closet when not in use. I recently found one in need of a facelift at a thrift shop in my New Orleans neighborhood. A simple paint job seemed the obvious solution. But for a durable, decorative surface, I decided to decoupage the top using wrapping paper. The result? A pretty, practical addition to any room.

STEP 1 → Sand the table with a medium (100 grit) sandpaper. Wipe all surfaces with a damp rag. Brush on two thin coats of primer and let dry between coats. Apply two thin coats of semigloss latex paint to the legs and rim; let dry between coats.

STEP 2 → Trace outline of tabletop with a pencil on the back side of a sheet of wrapping paper. Cut just inside the penciled line and check for fit. Trim, if necessary.

STEP 3 → Using a foam brush, apply a thin layer of Mod Podge to the top of the table and let dry. Spray one to two light coats of latex primer onto the back side of the cut paper and let dry. Brush a second coat of Mod Podge on surface and apply the paper in small sections, working from one end to the other. Smooth any air bubbles, pressing outward from the center.

STEP 4 → Seal the tabletop with 5 to 10 thin coats of Mod Podge. Let dry for 15 to 20 minutes between coats. If your table will be used often, apply a clear acrylic sealer.

SolaFlora wrapping paper, snowandgraham.com, \$6.50/2 sheets. Custom-mix paint, valsparpaint.com for info.

Suzonne Stirling blogs at urbancomfort.typepad.com

BEFORE



If you're struggling with depression, a helping hand.

Ask your doctor about Cymbalta and the Cymbalta Promise program.

When you're depressed, every day can feel like a struggle. It can be hard to feel like things are going to get better. And even harder to think about finding the right treatment option.

The Cymbalta Promise program is designed to help you get started on Cymbalta and to encourage an ongoing dialogue with your doctor throughout your treatment. If you and your doctor aren't satisfied with Cymbalta, you may be reimbursed 100% of your out-of-pocket prescription costs for up to the first 60 days of treatment. Our goal is to help you get on the right treatment, whether it's Cymbalta or not. This program is not a guarantee of efficacy. It provides a trial period that may help you and your doctor assess the efficacy, safety, and tolerability of Cymbalta.

To learn more about the Cymbalta Promise program and to enroll, visit our website at www.cymbaltapromise.com or call 1-877-CYMBALTA.

Cymbalta is a prescription medication approved for the treatment of depression.



If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

DD CON-A ISI 10NOV10

Important Safety Information About Cymbalta **The most important information you should know about Cymbalta:**

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone. Do not take Cymbalta if you:

- have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril® (thioridazine)
- have uncontrolled narrow-angle glaucoma (increased eye pressure)

Talk with your healthcare provider:

- about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- if you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- about your alcohol use

Introducing the Cymbalta Promise program.



**Try Cymbalta for up to 60 days.
If you and your doctor are not satisfied, you'll get your money back.**

Talk to your doctor and visit www.cymbaltapromise.com.

Restrictions apply; see terms and conditions below.

Important Safety Information (continued)

- about all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- if you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- before stopping Cymbalta or changing your dose
- if you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- about your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- if you develop problems with urine flow while taking Cymbalta
- if you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- nausea, dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

You are encouraged to report negative side effects of Prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

How to take Cymbalta:

Take Cymbalta exactly as directed by your healthcare provider. Cymbalta should be taken by mouth. Do not open, break or chew capsule, it must be swallowed whole. Cymbalta can be taken with or without food.

See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

Terms and Conditions: Reimbursement offered for up to 60 days of Cymbalta therapy to a maximum of \$700. Prescriptions for more than two capsules per day are not eligible for reimbursement. Limit one reimbursement per person. Offer void where prohibited by law. Valid only in the United States for US residents. Offer not valid if your prescription claims for Cymbalta are reimbursed, in whole or in part, by (1) any governmental program, including, without limitation, Medicaid, Medicare, or any other federal or state program, such as Champus, the VA, TRICARE, or a state pharmaceutical assistance program, or (2) any third-party payer in the state of Massachusetts. By accepting this offer, you agree to notify your insurance carrier of reimbursement if required to do so by law or under the terms of coverage. Additional exclusions may apply and this offer may be terminated, rescinded, revoked or amended by Lilly USA, LLC at any time without notice. Cymbalta® and the Cymbalta Logo are trademarks of Eli Lilly and Company.

 **Cymbalta**® DELAYED
duloxetine HCl RELEASE
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Information For Patients About Cymbalta

Please read this information carefully before you, or your family member start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

What is the most important information I should know about Cymbalta?

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); for the management of fibromyalgia (FM), the management of diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain; and for chronic musculoskeletal pain, including the management of chronic pain due to osteoarthritis and chronic low back pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions.

You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.

- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes.
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported.
- About your alcohol use.
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products.
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles.
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta.
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly.
- If you are pregnant, plan to become pregnant, or are breast-feeding.
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs.
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta.
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels.
- If you develop problems with urine flow while taking Cymbalta.

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, fibromyalgia, and chronic musculoskeletal pain, including chronic pain due to osteoarthritis pain and chronic low back pain), the most common side effect was nausea.
- Other common side effects included dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating.

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule, it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com

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FRESHEN UP

With spring's arrival comes a feeling of renewal. Find out how Motherboard moms get their homes ready for the new season.*

Nearly **40%** of moms say they are responsible for **100%** of spring cleaning in their homes. (Isn't it time for husbands to stop hibernating?)

• I bring in every bit of nature I can find. I clip azaleas, snowdrops, forsythia and pansies, and put them in vases, on windowsills, on desks -anywhere to evoke the feeling spring. —Julie G., OHIO

✿ After all the snow and slush, we finally clean the carpets. —Andrea B., IOWA

✿ We have a garage sale. I get rid of everything I haven't used in a year—no matter how much I like it. —Laurie O., CONNECTICUT

• At our house, the light hued throw pillows and quilts emerge from the basement, along with spring-colored table linens and delicate wreaths. —Wendy K., OHIO

✿ Believe it or not, I look forward to cleaning the windows. It's too cold to do it in winter—the cleaner would freeze—but looking out the dirty windows all season long drives me nuts! —Andrea M., CONNECTICUT

✿ The yard and flower beds get tidied, and my garden ornaments come back out of the garage where they've been in storage. —Kelli W., WEST VIRGINIA

✿ It's time to declutter! This year I'm designing better storage options and a more productive workspace for my husband and me. —Kristie C., ILLINOIS

✿ I make sure everything is spotless—from ceiling fans to appliances—then sweeten the inside air with sprays and candles. —Stephanie H., OHIO

Rooms most in

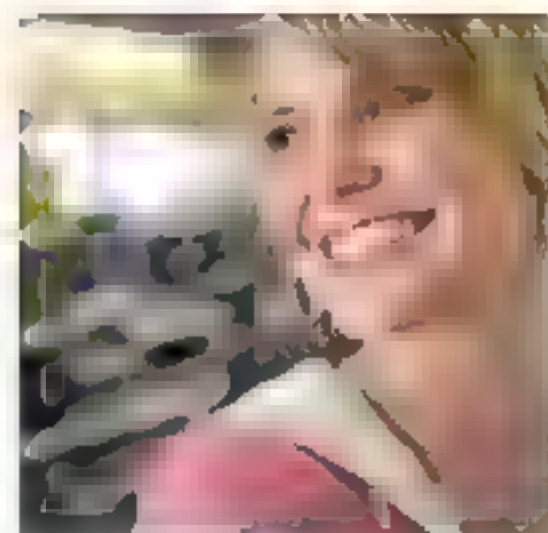
1. LIVING ROOM
2. KITCHEN
3. BED ROOM

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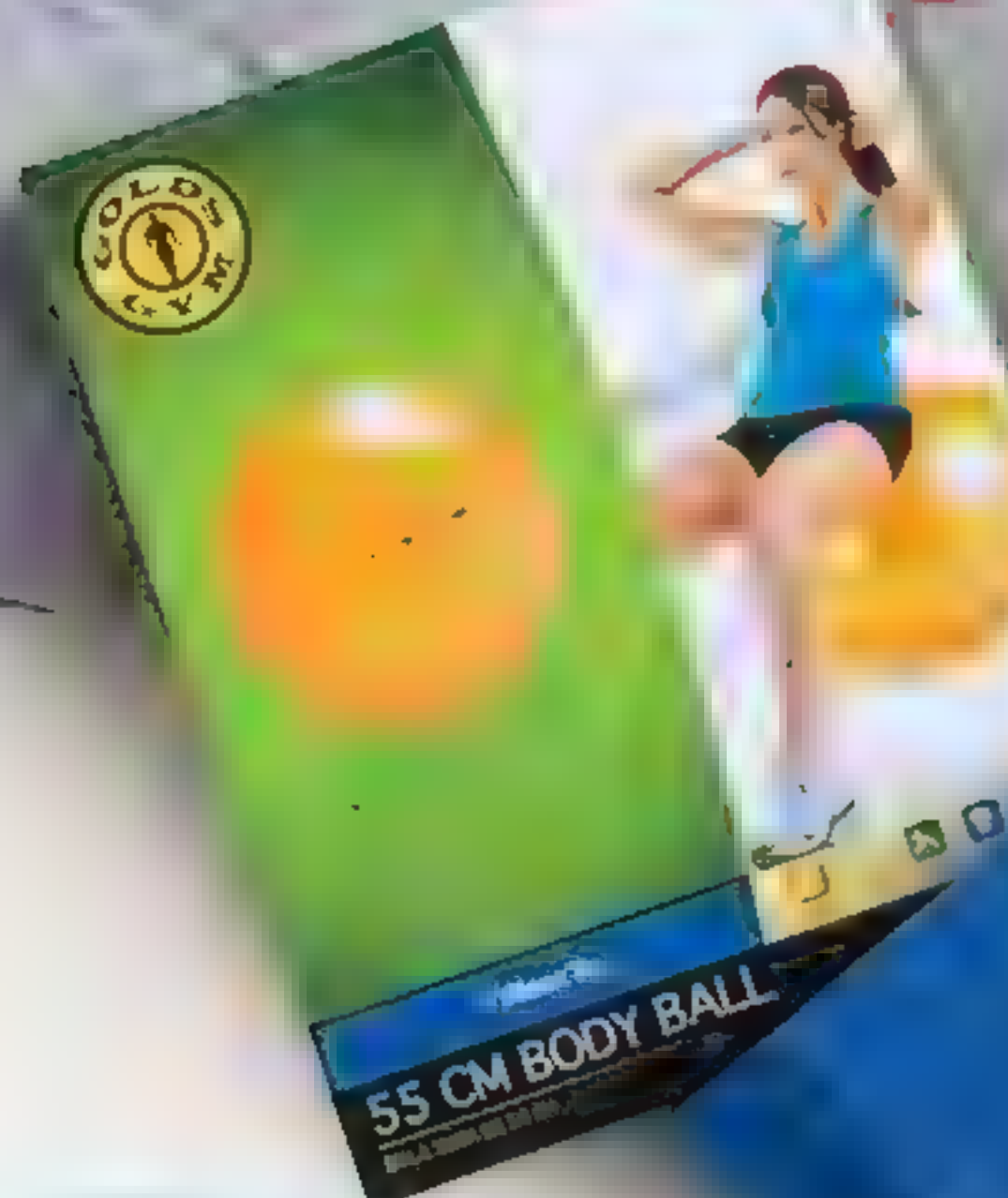
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DANSKIN NOW
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new line of family-size meals. Now with delicious pasta
and pasta made with whole grains. Visit eat4dinner.com



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FAMILY

→ NEWS → VIEWS → FUN ACTIVITIES THAT KEEP YOU COMING BACK



Photo: Stephen Simpson/Getty Images

Animal Activism

This April go orange in honor of Prevention of Cruelty to Animals month. And April 1st is National No-Kill Day. Make the pledge to fight animal cruelty and learn tips to adopt, train, and love your pet. KSPCA is hosting a photo contest, and find ways to get involved in your community. For more information, visit www.kspca.org and the proceeds will benefit the organization.

FAMILY TIME

→ BY CELIA SHATZMAN



PLAY BALL!

America's favorite pastime returns on April 1, when Major League Baseball teams head to the first pitch. It's time to play! You can watch the game on TV or go to the ballpark. As well as to other youth events and activities. When you're done, you can play the game on a computer or a tablet. It's a fun way to spend time with your family.

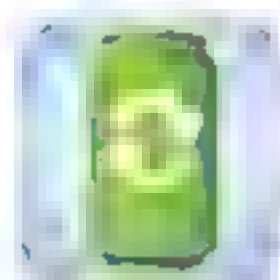
FOR A HAPPIER PLANET

It's Keep America Beautiful Month—check out these free eco-friendly apps:



iRecycle

Earth911.com's phone app can tell you where to take your empty ink cartridges and dead cell phones. You'll also find news, tips and green events.



Aluminate

Keep track of how many aluminum cans you've recycled, set goals, and determine how much money you might make when you turn in your empties, with Alcoa's app.

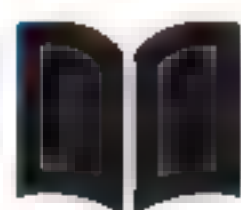


Eco App

AT&T's app was created just for teens. It features sustainability tips, info on nearby recycling facilities and an easy, secure way to donate to the Arbor Day Foundation.

Love at First Bite

[FCSTAT]



WHAT COUNTS AS READING?

ACCORDING TO KIDS

9-17

25% Texting back and forth with friends

28% Looking through postings or comments on social networking sites

54% Looking for and finding info online

33% None of the above

Source: Scholastic's Kids & Family Reading Report, September 2010

[MOVIES OF THE MONTH]

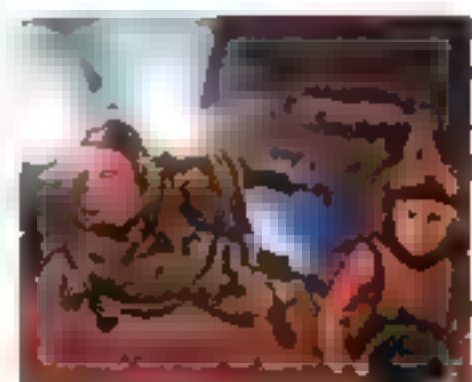
ALL IT UP

Books make the jump from small pages to the big screen in these literary adaptations. Just don't let your kids use this as an excuse not to read.



Red Riding Hood

BASED ON The tale by the Brothers Grimm
PLOT PEEK Valerie (Little Red) lives in a village haunted by a werewolf that threatens to destroy the place—a spooky update!
DIRECTED BY Catherine Hardwicke (*Twilight*)
STARRING Amanda Seyfried and Lukas Haas
OPENS March 11



Mars Needs Moms!

BASED ON The picture book by cartoonist Berkeley Breathed
PLOT PEEK In this 3-D animation, Milo must save his mom after she's kidnapped by Martians who want her to cook and clean.
DIRECTED BY Simon Wells, great-grandson of H.G. Wells
STARRING Seth Green and Joan Cusack
OPENS March 11



Diary of a Wimpy Kid 2: Rodrick Rules

BASED ON The bestselling series by Jeff Kinney
PLOT PEEK The follow-up to last year's hit proves middle school isn't any easier. This time around, Greg joins the swim team.
DIRECTED BY David Bowers (*Astro Boy*)
STARRING Zachary Gordon and Steve Zahn
OPENS March 25



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I'VE SPENT MORE ON YOUR SHOES THAN MINE.

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I'VE GOT MY LUCKY SEAT IN THE STANDS.

I'VE REJOICED WHEN YOU MADE THE SQUAD.

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MY HOMETOWN

→ BY CAREN OPPENHEIM



Cranford

POPULATION: 22,578

FUN FACT: The Williams-Droescher Mill—built on the Rahway River in 1740 for producing grain, lumber and barber supplies—now houses a yoga studio.

Cranford, NJ

When Doreen Schindler and her husband left city living behind for the suburbs, they chose a town with historic museums, an old-fashioned downtown area and a river that runs through it.

My husband and I were born and raised in different parts of Brooklyn. A mutual friend set us up while we were in high school and after college we married and settled on Staten Island. But we wanted more space. Cranford, New Jersey, is less than an hour from Manhattan and we had extended family in the area, so it seemed like an ideal location. We moved into a house built in 1890 that has an interesting background: The second owners (we're the fourth) had a son who invented a device for tanks that contributed to the Allied success at Normandy. There's a plaque in town honoring him. This strong connection to American history is one of the many things about Cranford we fell in love with.

The quaint downtown, reminiscent of the Victorian era, is unlike any place I'd ever seen. It was remodeled in the 1980s with cobblestone sidewalks, ornate light fixtures and a town clock. Also integral to the town is the **Rahway River**, which in the late 1800s and early 1900s was a place of commerce as well as recreation, with regattas and water carnivals featuring elaborately decorated floats. This is the reason Cranford is

known as "**The Venice of New Jersey**." The river runs behind our house, so in the winter we enjoy ice skating; when the weather's nicer, we take out our canoe to fish. We don't catch much, but the girls get a thrill trying.

Native American artifacts, such as arrowheads and stone axes, can be seen at the **Crane-Phillips House Living Museum**. It's a small Victorian cottage that shows what life was like in the late 19th century. Costumed docents give tours of the home, including "Kate's room," which has a dollhouse and children's outfits from the **Cranford Historical Society's** antique clothing collection—it's our daughters' favorite part.

We live near **Hanson Park**, which has a trail lined with native trees and plants, an outdoor theater, a butterfly meadow and a canoe club. Movies are shown on summer evenings and everyone brings lawn chairs and blankets. We've seen *Cheaper by the Dozen* and *Night at the Museum*. While we wait for the film to start, kids run around on the grass and get popcorn or cotton candy as we catch up with our neighbors—a fun, relaxing night for the whole community. ●

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GOOD WORKS

BY CELIA SHATZMAN

CAUSE → AMERICA'S GROW A ROW

COLLEEN DUERR, 42

Hometown → Pittstown, NJ

Family → Husband Jens; daughter Hannah, 14; and son Erik, 11

"The Empress of Eggplant" is how people know Colleen Duerr. But that's not the only veggie in her life. As vice president of America's Grow a Row (AGAR), Colleen also plants squash, potatoes, broccoli, corn, cabbage and more, which she harvests and donates to food banks, pantries, crisis centers and other places of need throughout New Jersey. Since AGAR's founding in 2002 by Chip Paillex, it has given away over 1 million pounds of food, and 1,100 volunteers have contributed about 4,000 hours of their time.

"Feeding people is very powerful," Colleen says. "We all share canned goods and mac & cheese—and we have to keep doing that—but the opportunity to supply fresh produce is particularly cool." Chip, Colleen's friend, encouraged her to join AGAR in 2007, and she became vice president in 2009. Her duties have included volunteer management; overseeing the website, database and newsletters; and giving presentations and providing education outreach on hunger and poverty.

Local farms let AGAR use parcels of their land to raise crops, and volunteers plant seeds. Every week a different group—such as scout troops, schools, youth programs and families—water, weed and pick vegetables. In addition, partner farms and ShopRite grocery stores give AGAR their excess produce.

The organization relies on private and corporate donors, and grants for funding. It has recently purchased its own piece of farmland and is planning to build a poverty education center, where it can teach kids about hunger and host a free farmers' market. The ultimate goal is to expand AGAR nationwide.

A personal perk for Colleen is that she can spend time on the farm and still be with her family. "I like that I can include my children because it's tough to find volunteer opportunities alongside your kids," she says. "It's a great lesson for them to do really hard work and then give the fruits of it away." ●

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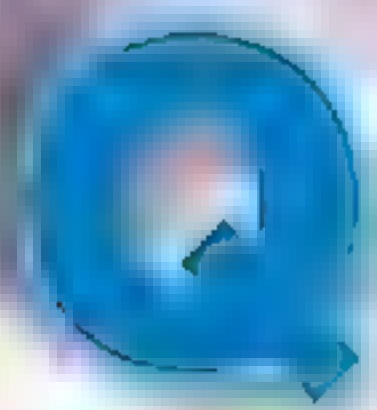
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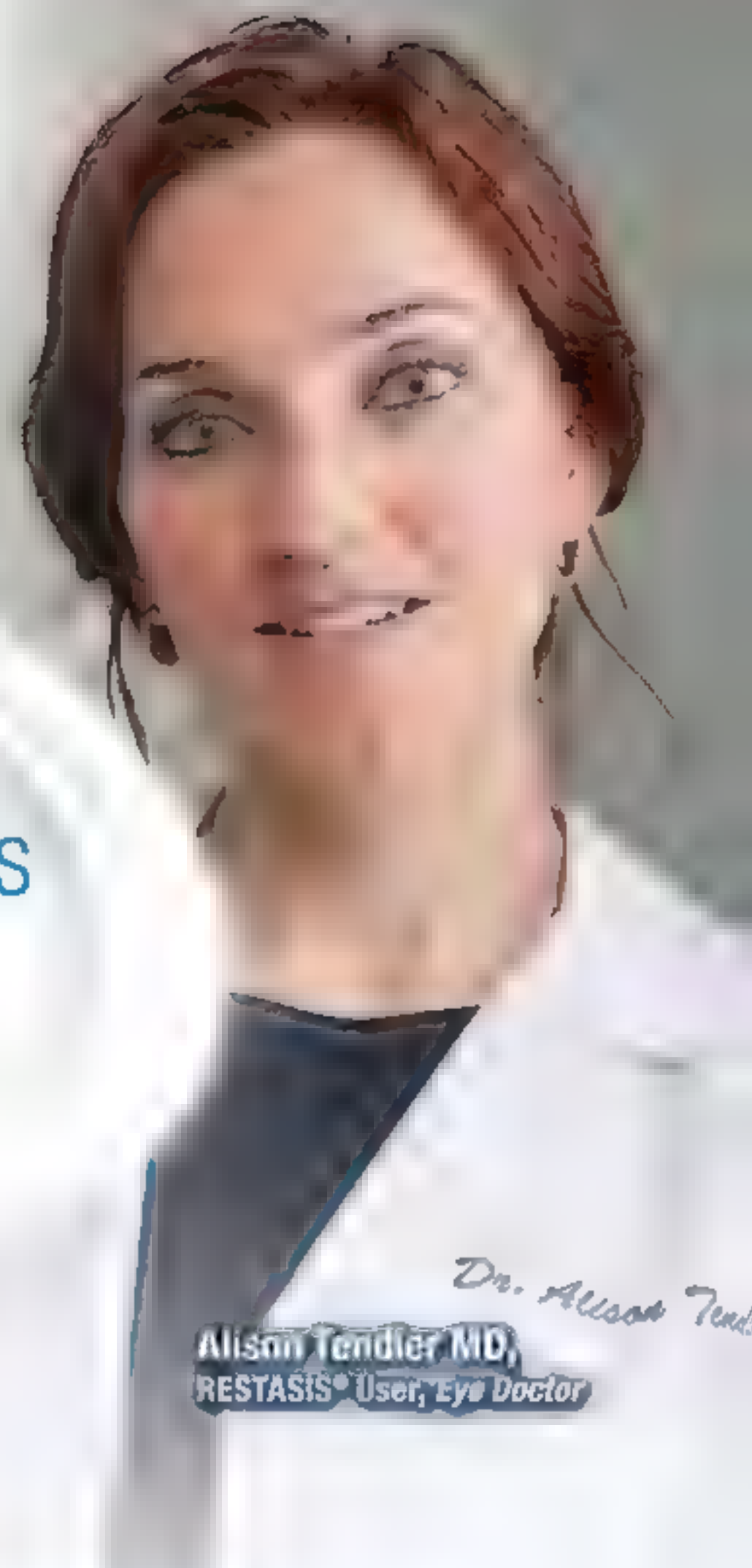




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RESTASIS® ophthalmic emulsion is indicated to increase tear production in patients whose tear production is presumed to be suppressed due to ocular inflammation associated with keratoconjunctivitis sicca. Increased tear production was not seen in patients currently taking topical anti-inflammatory drugs or using punctal plugs.

CONTRAINDICATIONS

RESTASIS® is contraindicated in patients with active ocular infections and in patients with known or suspected hypersensitivity to any of the ingredients in the formulation.

WARNING

RESTASIS® ophthalmic emulsion has not been studied in patients with a history of herpes keratitis.

PRECAUTIONS

General: For ophthalmic use only.

Information for Patients

The emulsion from one individual single-use vial is to be used immediately after opening for administration to one or both eyes, and the remaining contents should be discarded immediately after administration.

Do not allow the tip of the vial to touch the eye or any surface, as this may contaminate the emulsion.

RESTASIS® should not be administered while wearing contact lenses. Patients with decreased tear production typically should not wear contact lenses. If contact lenses are worn, they should be removed prior to the administration of the emulsion. Lenses may be reinserted 15 minutes following administration of RESTASIS® ophthalmic emulsion.

Carcinogenesis, Mutagenesis, and Impairment of Fertility

Systemic carcinogenicity studies were carried out in male and female mice and rats. In the 78-week oral (diet) mouse study, at doses of 1, 4, and 16 mg/kg/day, evidence of a statistically significant trend was found for lymphocytic lymphomas in females, and the incidence of hepatocellular carcinomas in mid-dose males significantly exceeded the control value.

In the 24-month oral (diet) rat study, conducted at 0.5, 2, and 8 mg/kg/day, pancreatic islet cell adenomas significantly exceeded the control rate in the low dose level. The hepatocellular carcinomas and pancreatic islet cell adenomas were not dose related. The low doses in mice and rats are approximately 1000 and 500 times greater, respectively, than the daily human dose of one drop (28 µL) of 0.05% RESTASIS® BID into each eye of a 60 kg person (0.001 mg/kg/day), assuming that the entire dose is absorbed.

Cyclosporine has not been found mutagenic/genotoxic in the Ames Test, the V79-HGPRT Test, the micronucleus test in mice and Chinese hamsters, the chromosome-aberration tests in Chinese hamster bone-marrow, the mouse dominant lethal assay, and the DNA-repair test in sperm from treated mice. A study analyzing sister chromatid exchange (SCE) induction by cyclosporine using human lymphocytes *in vitro* gave indication of a positive effect (i.e., induction of SCE).

No impairment in fertility was demonstrated in studies in male and female rats receiving oral doses of cyclosporine up to 15 mg/kg/day (approximately 15,000 times the human daily dose of 0.001 mg/kg/day) for 9 weeks (male) and 2 weeks (female) prior to mating.

Pregnancy-Teratogenic Effects

Pregnancy category C.

Teratogenic Effects: No evidence of teratogenicity was observed in rats or rabbits receiving oral doses of cyclosporine up to 300 mg/kg/day during organogenesis. These doses in rats and rabbits are approximately 300,000 times greater than the daily human dose of one drop (28 µL) 0.05% RESTASIS® BID into each eye of a 60 kg person (0.001 mg/kg/day), assuming that the entire dose is absorbed.

Non-Teratogenic Effects: Adverse effects were seen in reproduction studies in rats and rabbits only at dose levels toxic to dams. At toxic doses (rats at 30 mg/kg/day and rabbits at 100 mg/kg/day), cyclosporine oral solution, USP, was embryo- and fetotoxic as indicated by increased pre- and postnatal mortality and reduced fetal weight together with related skeletal retardations. These doses are 30,000 and 100,000 times greater, respectively than the daily human dose of one drop (28 µL) of 0.05% RESTASIS® BID into each eye of a 60 kg person (0.001 mg/kg/day), assuming that the entire dose is absorbed. No evidence of embryofetal toxicity was observed in rats or rabbits receiving cyclosporine at oral doses up to 17 mg/kg/day or 30 mg/kg/day, respectively, during organogenesis. These doses in rats and rabbits are approximately 17,000 and 30,000 times greater, respectively, than the daily human dose.

Offspring of rats receiving a 45 mg/kg/day oral dose of cyclosporine from Day 15 of pregnancy until Day 21 post partum, a maternally toxic level, exhibited an increase in postnatal mortality; this dose is 45,000 times greater than the daily human topical dose, 0.001 mg/kg/day, assuming that the entire dose is absorbed. No adverse events were observed at oral doses up to 15 mg/kg/day (15,000 times greater than the daily human dose).

There are no adequate and well-controlled studies of RESTASIS® in pregnant women. RESTASIS® should be administered to a pregnant woman only if clearly needed.

Nursing Mothers

Cyclosporine is known to be excreted in human milk following systemic administration but excretion in human milk after topical treatment has not been investigated. Although blood concentrations are undetectable after topical administration of RESTASIS® ophthalmic emulsion, caution should be exercised when RESTASIS® is administered to a nursing woman.

Pediatric Use

The safety and efficacy of RESTASIS® ophthalmic emulsion have not been established in pediatric patients below the age of 16.

Geriatric Use

No overall difference in safety or effectiveness has been observed between elderly and younger patients.

ADVERSE REACTIONS

The most common adverse event following the use of RESTASIS® was ocular burning (17%).

Other events reported in 1% to 5% of patients included conjunctival hyperemia, discharge, epiphora, eye pain, foreign body sensation, pruritus, stinging, and visual disturbance (most often blurring).

Rx Only



Based on package insert 71876US14B Revised February 2010

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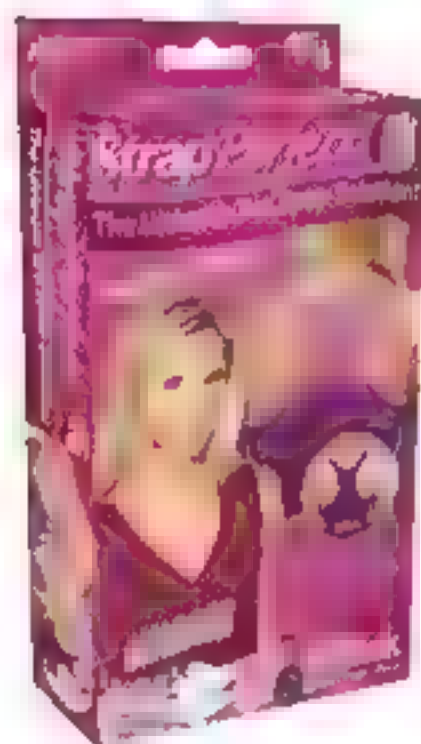
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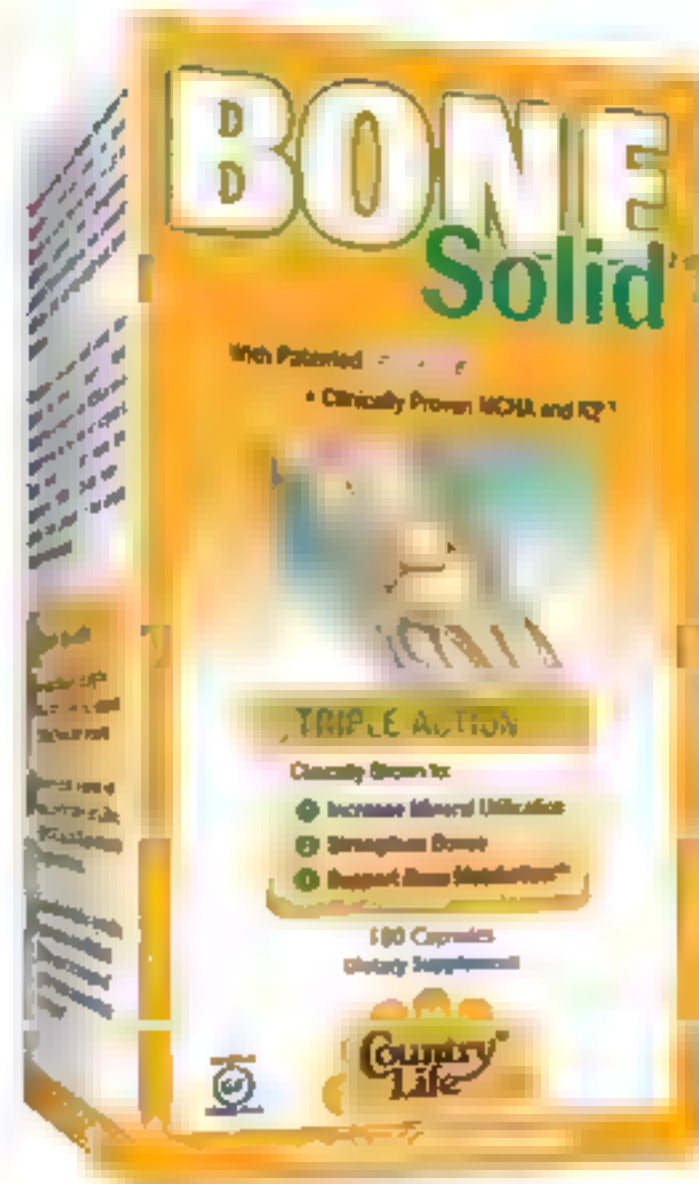
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YOUR BRAIN ON TECH

Our collective ability to communicate on the go—think, “Stuck in traffic, be there in 10” and “Get milk before you come home”—offers a logistical upside that by now is second nature. Yet smartphones and similar gadgets also provide the potential for truly poor etiquette, as in, not resisting the urge to glance at your touchscreen while a friend prattles on about something you’ve heard umpteen times. If you feel like your brain is overloaded, overwhelmed or just over the whole constant-connectivity thing, you’re not alone.

BY CHRISTINA TYNAN-WOOD

illustrations by koren shadmi

EVEN BEFORE THE TECH BOOM, my husband, Dan, had a hard time making decisions. Now that he’s armed with a cell phone and an Internet connection, even something as simple as choosing a restaurant for dinner with friends can become a drawn-out series of texts, tweets, e-mails and phone calls that ends with no resolution and a lamely uttered, “Let’s talk again later.” Too often we are still trying to hammer out details when everyone is in their cars driving aimlessly, in need of a destination. I find this maddening. On the other hand, when he’s telling a story I’ve already heard at least 100 times, I’m not above checking in on my social network to stave off boredom.

So much human interaction happens these days with a tech assist that I worry we are turning into a bunch of self-centered, noncommittal—not to mention distracted—individuals. I mean, seriously, is it necessary to crowd-source every dinner decision? Is it rude to check Facebook when you’re out to lunch with a friend? And from a bigger-picture perspective, where is the line between public and private?

According to a 2009 Intel study, 80% of online U.S. adults believe there are unspoken rules about mobile technology usage—and 69% agree that violations are unacceptable. But what are the rules? When does “fun” cross into “gone too far”? I decided to ask experts for the lowdown.

DECISIONS, DECISIONS

According to Dan Ariely, author of *The Upside of Irrationality: The Unexpected Benefits of Defying Logic at Home and at Work* (Harper), advances in technology have made seemingly benign behaviors—like my husband’s aforementioned indeci-



sion—a problem. Ariely likens this to, of all things, doughnuts. “A long time ago in our evolutionary history, when we found sugar and fat, it made sense, survival-wise, to gobble up as much as we possibly could,” he says. Technology changed the world faster than we evolved and those once-rare doughnuts are now cheap and widely available. What was once a survival mechanism is now a health hazard.

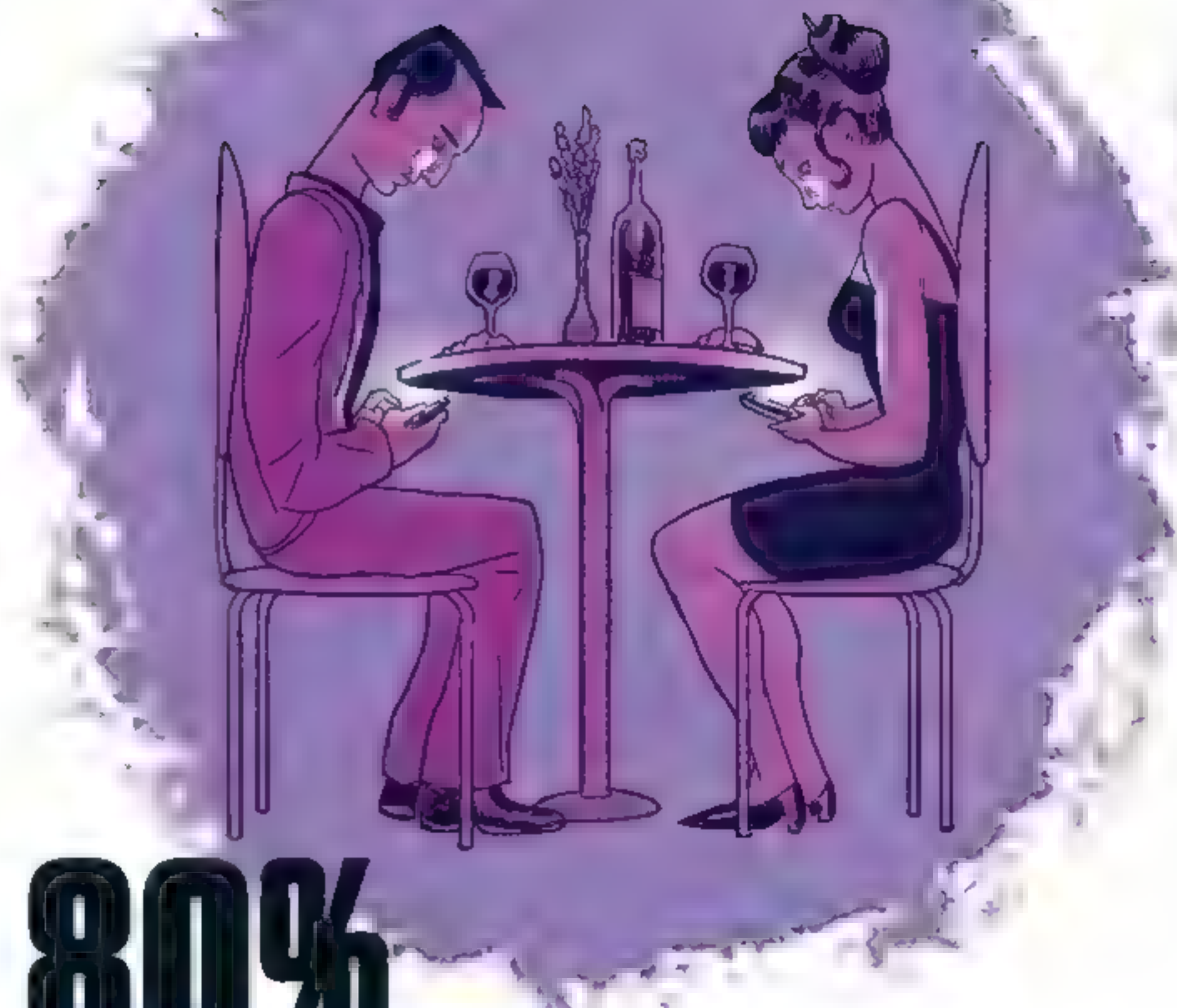
“We have the same problem with information,” he says. Delaying decisions is smart, allowing you to consider options, seek advice and fully understand criteria before committing. There was a time when gathering information was hard work. The effort required set a natural limit on pondering. Today, thanks to Google, limitless info is accessible with a few keystrokes. This can lead to an overwhelming desire to know more before making even simple choices.

Just as we have to intentionally stop eating doughnuts before we outgrow the couch, we have to short-circuit the instinct to swallow as much information as we can hold. “Start with a default decision,” says Ariely. “Then set a deadline by which time you will choose an alternative or go with the default.” So in the case of my husband’s dinner dilemma, he might say that morning, “If I don’t have a better idea by noon, we’ll meet at Bonefish Grill at 8 p.m.” That way, he can appear decisive while giving himself the option to research alternatives.

THE DIGITAL LEASH

It isn’t just information we’re gorging on. We’re also snacking constantly, like free-loaders at an all-you-can-eat buffet, on personal digital relationships. All of this cyber-nourishment has a dark side.

On a recent vacation, my family Twittered, Facebooked, texted and blogged our way through an eight-hour drive to the mountains. We were all



80%

of online U.S. adults believe there are unspoken rules about mobile tech usage.

Source: Intel

having fun and connecting—just not with the other people in the car. When we finally arrived we discovered there was no cell signal. Panic set in. My teenage son railed against nature while envisioning his social life unraveling. His father lamented, “I have to work!” Me, I calmly decided to go for a walk—hoping I might find a signal. The uncomfortable feeling that we were missing out on something important overtook our intentions to enjoy downtime together.

I was a half-mile into my stroll before I wondered, *Is there some reason I can’t just go offline?*

There’s something seductive about being constantly connected, says cultural anthropologist Genevieve Bell, director of user experience at Intel’s Digital Home Group. “In Western culture we are

measured by the value of our network.” A cell phone is a leash, tethering us to that network. The slight jolt that comes with a new text or e-mail reminds us we are connected to something bigger than ourselves and gives us a little thrill that we crave in its absence.

Dropping the leash is good for the soul, though. Humans function better when they occasionally disconnect, says Bell. “Every major religion has some sort of built-in break—Saturdays, Sundays, every few hours, a week each year. There is some time when you are supposed to stop and focus on God.”

I pocketed my phone and enjoyed the view of the mountains. When I got back to the cabin, my family was sitting on the deck, admiring the snow that had just started falling. We had come here to have fun together, not poke at gadgets. So we went skiing, sledding and had a snowball fight. Sure, we had to occasionally curb the urge to check phones that weren’t connected to anything anyway. Three days later, even though we knew the cabin was completely off the grid, we all agreed to make this an annual thing.

TMI (too much info)

According to Steven Petrow, a nationally syndicated etiquette columnist, technology keeps moving the thin line between

Three generations—Millennials (80%), Gen Xers (78%) and Boomers (78%)—are almost equally likely to want to be constantly connected. Source: Motorola’s 2009 Media Engagement Barometer

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THE OFF SWITCH

3 quick ways to tame the tech beast

- 1** Turn off your phone from time to time. (See? Simple!) For instance, making a point of doing so when you sit down to a meal lets your companions know they have your full attention.
- 2** If you can't bring yourself to use the off switch, sign up for your carrier's usage-controls service (prices vary but are usually somewhere around \$5 a month). Designate specific block-out times for, say, dinner or bedtime.
- 3** If you feel that friends or co-workers expect you to be connected at all times, use your Facebook status or e-mail vacation responder to announce that you are offline. Managing other people's expectations (meaning, that they should not expect to hear from you instantly) can give you a guilt-free breather.

public and private, leaving people unsure of the difference. I agree wholeheartedly, having suffered through multiple conversations with a friend who seems to think I won't notice if he goes to the bathroom while we're chatting. Unfortunately, he's not alone in this delusion. According to an Intel study, 75% of people believe it's okay to bring phones and laptops into public restrooms. "Just because people think something is okay does not make it so," says Anna Post, great-great-granddaughter of manners muse Emily Post and author of *Do I Have to Wear White?* (William Morrow).

When you add social media to the mix, boundaries get even blurrier. My buddy Alison, who asked that I withhold her last name to protect the guilty, has been shocked by things she has witnessed. "One of my Facebook friends posted before-and-after photos of her bunion surgery," she says. "I wish I had never seen those." Alison unfriended this person to avoid future too-graphic posts, but still. Outside of her realm, things are worse. According to a study by electronics shopping site *Retrevo.com*, 36% of respondents said they post to Twitter immediately after sex—about the act or their partner!

Advises Petrow: Remind yourself that anything you share could get re-posted in other people's networks and spread like wildfire.

THE HERE AND NOW

I have a friend who is notorious—though I doubt she knows it—for texting during lunch dates, hands cupped surreptitiously in her lap. (I've heard this called the BlackBerry prayer.) The subtext, intentional or not, is that these messages might be more interesting than her companion. She isn't the only one having trouble staying in the moment. "Recently at a party, a pal and I were Facebooking about the event while it was still going on," says Petrow. "It's tough to really be present these days."

Yes, it's technically possible to be connected to 3,000 people—anytime, anywhere—but that's not always a good thing. "Our society is all about multitasking," says Daniela Schreier, assistant professor

75%

of American Millennials said a week without Wi-Fi would be worse than a week without coffee.

Source: Wi-Fi Alliance

at the Chicago School of Professional Psychology. "But, really, humans can focus on only one thing at a time." We have to actively decide to pay attention to the one we're with. "Vow to not let technology get in the way," says Petrow.

* R U READY?

Sometimes, though, it's because we don't want to talk to someone that we lean on technology. A *Retrevo.com* survey of iPhone users found that one in three had broken up with someone via text message. "We've definitely become more insensitive," says Schreier. "I counseled a couple who had been together six years, planning to marry." Yet one day the man ended things via text message. "Five words to end a relationship of six years," says Schreier. Surely if he had looked her in the eye, he might have at least offered some sort of explanation.

In the end it's difficult to gauge the true impact of technology on our brains and personal relationships, because it depends on so many factors and therefore varies widely from person to person. With her cultural anthropologist's eye, Bell is sanguine. "We tend to forget that this stuff is really still new," she says. "As a culture, we once argued about whether we should watch TV during dinner. Over time, people figured it out." To support her argument, she mentions two different trips to the U.K. "Seven years ago, everyone in the pub had a mobile phone in the middle of the table and would answer immediately if it rang. Two years later phones were pocketed and turned off." Eventually, common sense and etiquette kick in, she says, once the initial excitement wears off. "Right now, we're still hammering out the rules." We'll get there. ●

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

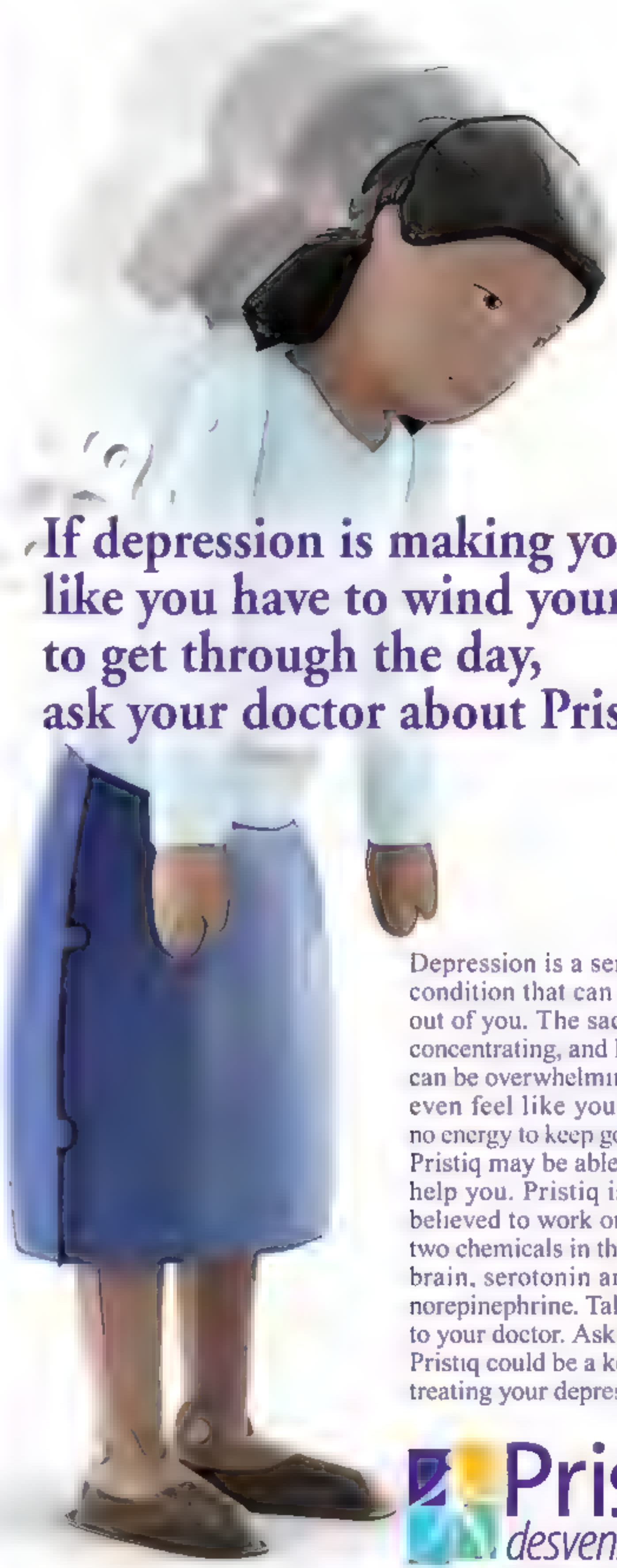
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant


Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.



If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



Pristiq®
desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

IMPORTANT FACTS ABOUT

Pristiq®
desvenlafaxine
EXTENDED-RELEASE TABLETS

(pris•teek®)
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq? Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

•Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare but potentially life-threatening conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines

such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include

- dizziness
- irritability
- abnormal dreams
- diarrhea
- nausea
- sleeping problems (insomnia)
- tiredness
- headache
- anxiety
- sweating

•Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

- **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

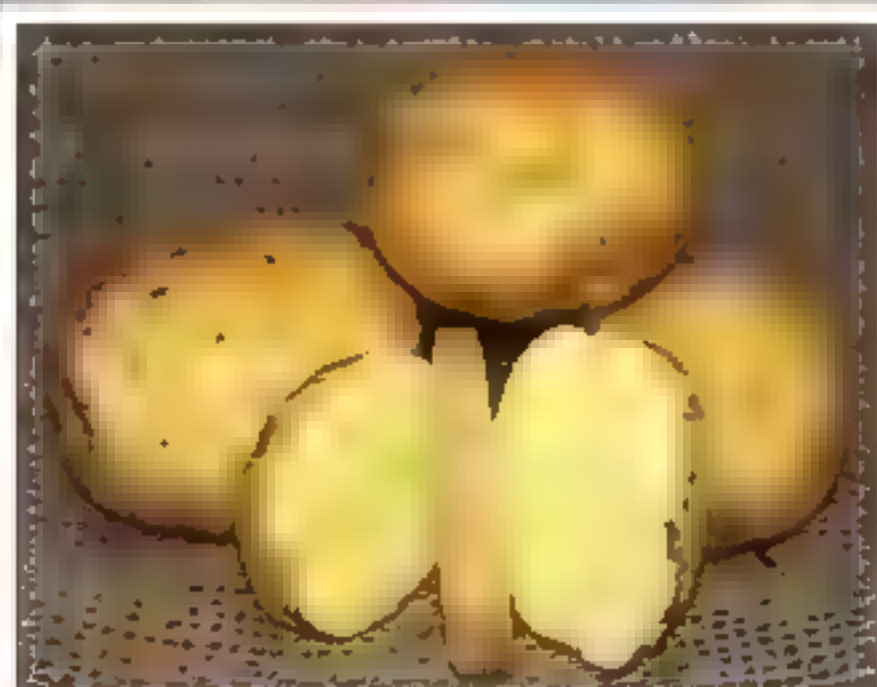
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**helpful
answers**

READER SHOPPING

Start a Family Circle Garden This Spring

Grow your own fresh, healthy food and
save on trips to the grocery store.



POTATO CONTAINER GARDEN

Whether roasted, mashed, boiled, or fried - potatoes are the ultimate comfort food. Luckily to produce a mouthwatering crop—potatoes grow well in large containers on a sunny terrace or deck, too. Plant this soft-sided growing bag with 'Yellow Finn' mini tubers, and you'll enjoy an abundance of smooth-skinned, yellow-fleshed, round potatoes so sweet and delicious they don't need butter. The bag may be reused indefinitely. Kids will love planting these potatoes!

The Family Circle Potato
Container Garden contains
2 Growing Bags and
10 mini tubers of 'Yellow Finn'
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\$35.95 plus shipping

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Order early; quantities are limited. Ships from
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& "HGTV Design Star"



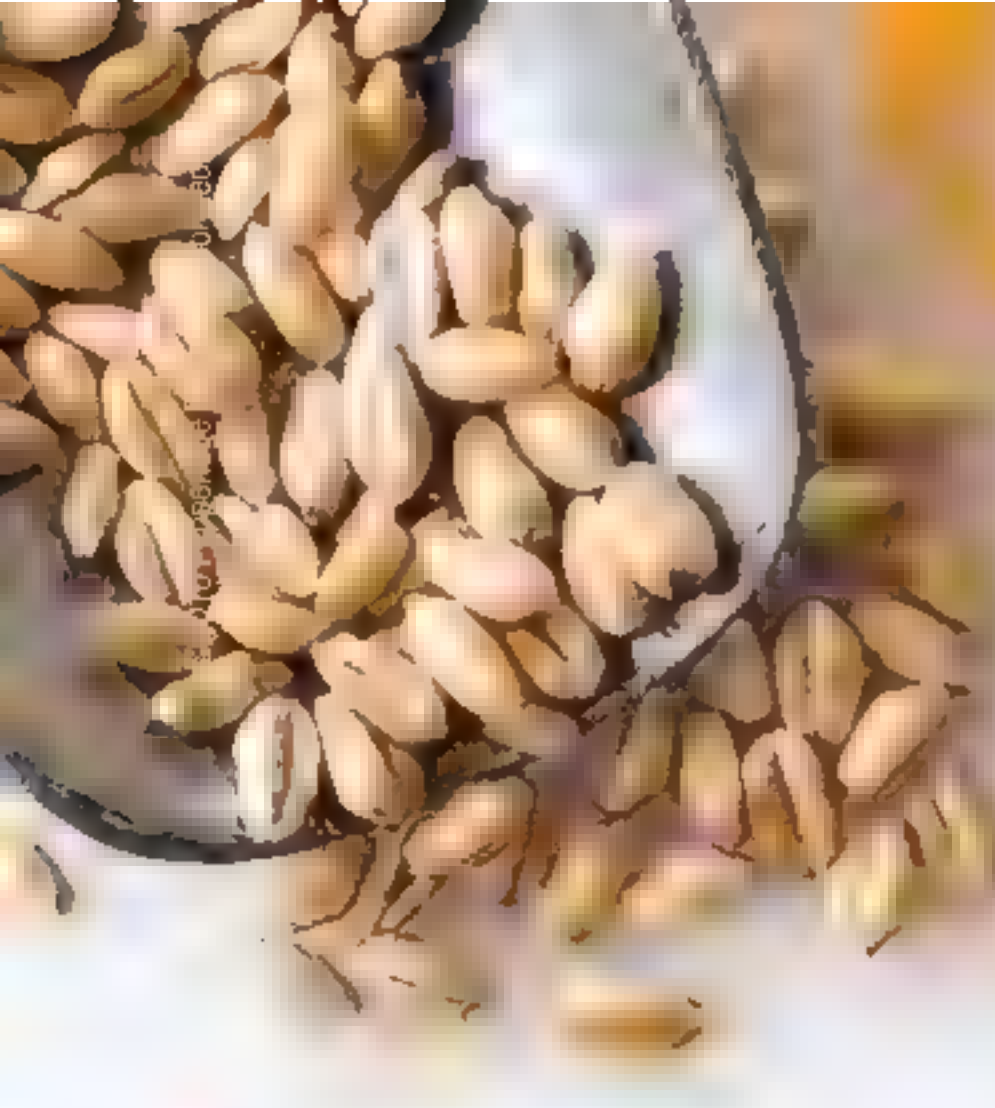
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We baked these guys
with 12 grams of whole
grain per serving.

And we still had room
for the cheese.



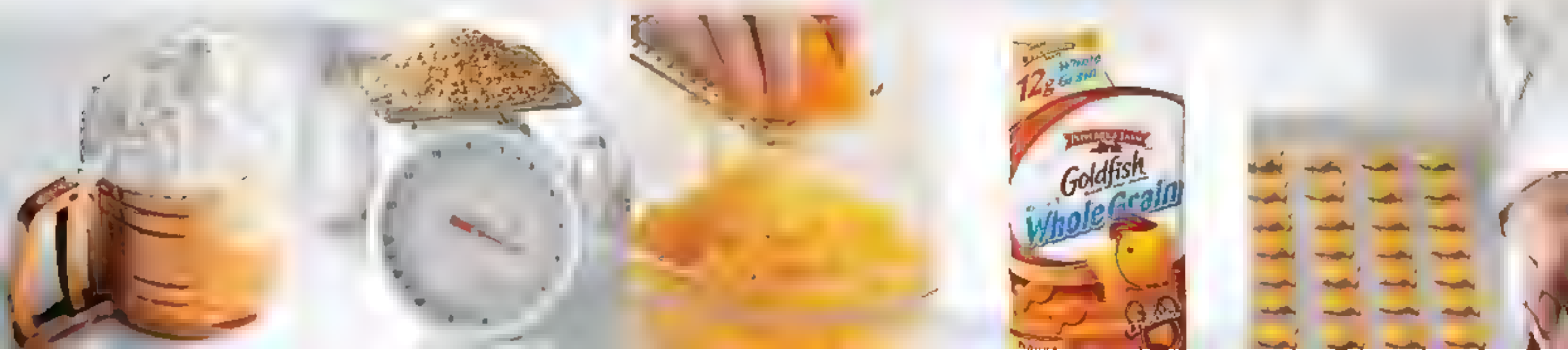
That's one bit of news that's
sure to make a splash with you.
With a sea of snacks to choose from,
it's no wonder you'll want to give
your kids Goldfish® crackers
Made with Whole Grain.
Smiles all around.

Goldfish® Made with Whole Grain



Good is in the details.™

pepperidgefarm.com



FOR FAMILIES

MAUI

Active, nature-loving families can venture beyond the beautiful beaches to hike the sacred Iao Valley or the moon-like crater of the dormant volcano Haleakala. Take a drive to Hana; the road is dotted with hidden waterfalls and swimming holes. And watch for wintering whales splashing offshore through May—they can be spotted from just about anywhere along the water.

FREE FOR ALL → Locals are passionate about preserving their land and culture. On Saturday mornings, join them in restoring an ancient archeological site in **Honokowai Valley** on Maui's west side; meet at the **Pu'ukoli'i Sugar Cane Train Station** at 8:30 A.M. (mauiculturallands.org). On Tuesday and Thursday evenings Polynesian dancers perform at **Lahaina Cannery Mall**; at dusk, a torch-bearing cliff diver leaps from **Black Rock** into the Pacific, reenacting the athletic feat of a legendary Hawaiian chief. Watch from the public beach by **Kaanapali Beach Hotel**. In

mid-April, kids can learn Hawaiian drumming, chanting and crafts at **Ritz-Carlton's Celebration of the Arts Festival**—open to all visitors (celebrationofthearts.org).

WINTER TRIPS & ADVENTURES

Spot rays, sea turtles and rainbow-colored fish on Sail Trilogy's six-hour snorkeling excursion to **Honolua Bay**; it includes breakfast (homemade cinnamon rolls) as well as a lunch barbecued by the captain (\$110, adults; \$55 for kids under 16; book at sailtrilogy.com for 10% off). View sunrise or sunset from **Haleakala's** 10,000-foot summit, \$10 per car; or zipline along its slopes with **Skyline Eco-Adventures**, \$80 (zpline.com). The Jpcountry reg on around the

TRAVEL TIPS

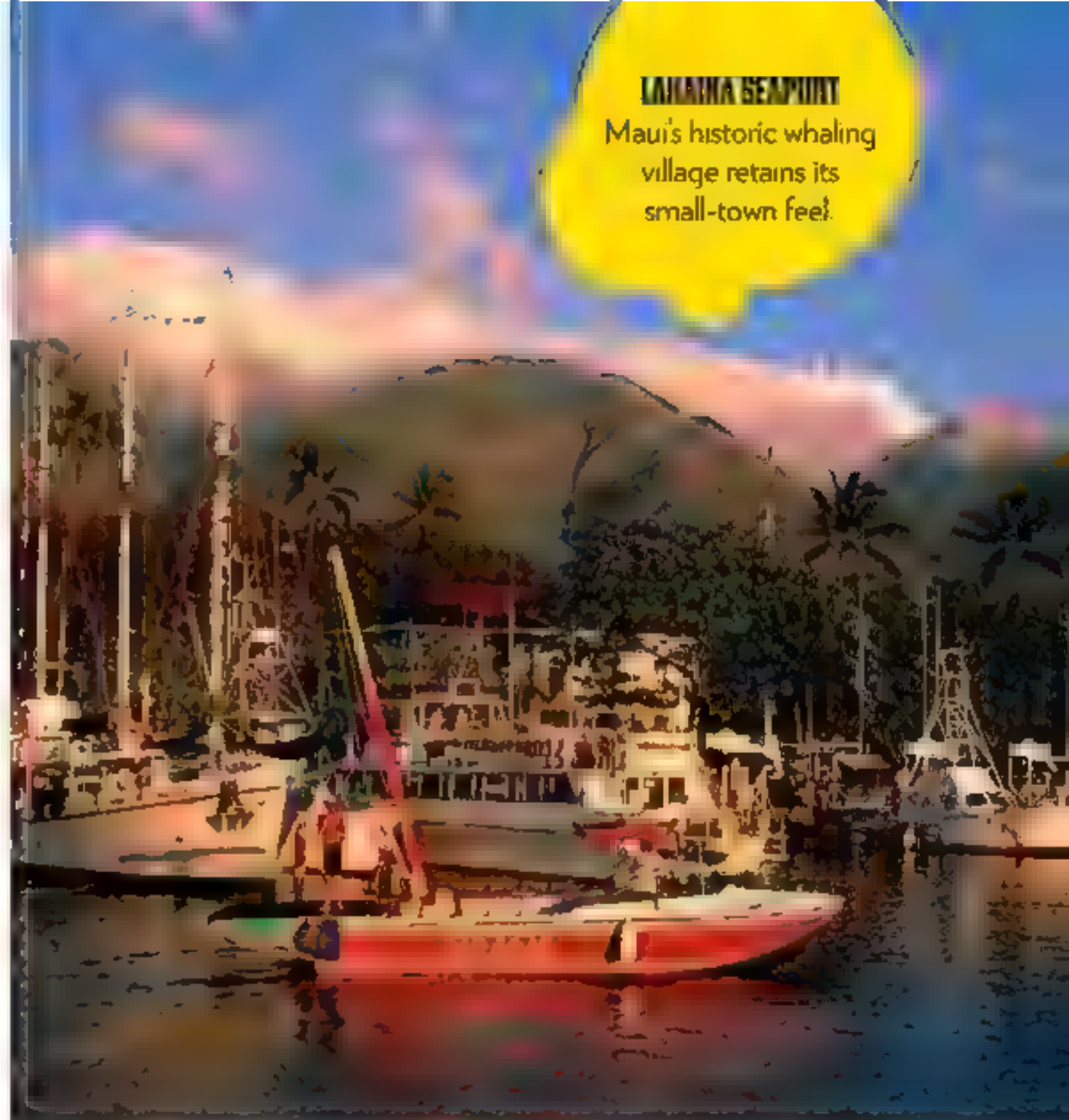
For more info on planning your Hawaiian holiday, including island-hopping by ship and money-saving sites we love, go to familycircle.com/hawaii

Where does non-dairy creamer come from?



LAHAINA SEAPORT

Maui's historic whaling village retains its small-town feel.



volcano is a great place to sample homegrown fare, like chili and burgers at **Ulupalakua Ranch** or goat cheese from **Surfing Goat Dairy**. Teens will love shopping in the whaling port of **Lahaina**, with its funky Front Street shops and weekend crafts fair under the banyan tree.

WHERE TO STAY → **Napili Kai Beach Resort** is set on a serene and secluded bay—great for skimboarding—and features free morning refreshments on the beach and lei-making. Accommodations include standard rooms, and studios or suites with kitchenettes; nightly rates start at \$250 (napilikai.com). **Kaanapali Beach Hotel** is one of Maui's most authentically Hawaiian resorts. Join the staff for free nightly hula

shows; workshops in music, dance and local lore; a welcome buffet breakfast and a farewell lei ceremony. But be sure to save time for snorkeling at **Black Rock Reef**. Nightly rates start at \$179; check website for specials (kbhmaui.com). For a feel that's more residential than resort, try a fully equipped condo in south Maui's **Kihei** and save money by eating in. One-bedroom units that sleep four start at \$135 a night from April to mid-December (two bedrooms start at around \$200; cleaning fee for all is \$100 to \$150). Book through Condominium Rentals Hawaii (crhmaui.com) and ask about seventh-night-free specials. Also check mauiaccommodations.com for more deals.

Info: visitmaui.com



WIN IT! MAUI VACATION PACKAGE

Enter for a chance to win a four-night stay for a family of four in an ocean-view suite at the Hawaiian-style Napili Kai Beach Resort (pictured below), including round-trip coach airfare from the winner's nearest North American gateway city to Maui and a rental car. For more details, go to momster.com/contests/hawaii



ALOHA DISNEY

Disney will be sprinkling pixie dust on the west side of Oahu with the opening of its newest resort, Aulani. Created with input from locals, Aulani will immerse families in Hawaiian culture and feature a snorkeling lagoon and lazy river surrounded by volcanic rock (resorts.disney.go.com/aulani-hawaii-resort).

oahu

Nicknamed the "gathering place," Hawaii's most urban island is the perfect teen hangout. Kids can surf, shop, play volleyball and socialize on famous Waikiki Beach, brush up on history at Pearl Harbor, and watch master surfers ride monster waves on the rugged (and quieter) North Shore.

FREE FOR ALL → It's like one big block party in lively Waikiki. Rock out to slack-key guitar concerts at **Waikiki Beach Walk**. Learn to hula, play ukulele, speak Hawaiian and make quilts and leis at **Royal Hawaiian Shopping Center**. Celebrate Waikiki's nightly torch lighting and watch movies under the stars at **Sunset on the Beach** (be sure to check the schedule at waikikiimprovement.com). If you're there for Earth Day, see if pop star Jack Johnson is holding his environmentally themed **Kokua Festival** (kokua festival.com); picnic near the band shell to enjoy the music—no ticket necessary. Or go green any Saturday morning at the **Kapi'olani Community**

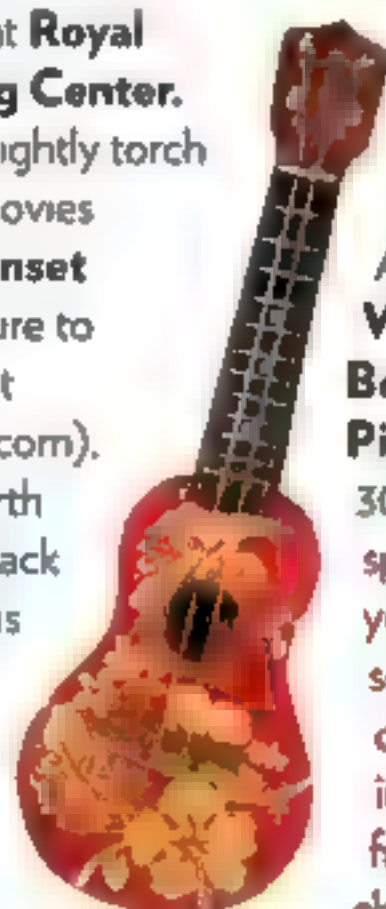
College Farmers' Market (kapiolani.hawaii.edu/object/farmersmarket).

ADVENTURES IN PARADISE

Surf's up at the **Waikiki Beach Services** stand in front of the **Moana Surfrider Hotel** (group lessons are \$40 an hour; adults can rent outrigger canoes for \$15; kids, \$10). Snorkelers can kick up their fins at **Hanauma Bay Nature Preserve**, a volcanic crescent teeming with fish, squid, eels and sea turtles (adults, \$7.50; kids under 13, free). Fans of the TV show *Lost* will love the **Kualoa Ranch Movie Tour** through Ka'aawa Valley; scenes from *Godzilla* and *Jurassic Park* were also filmed there (\$23 per person; kualoa.com).

And at North Shore—**Waimea Bay, Sunset Beach** and **Banzai Pipeline**—watch locals ride 30-foot waves in winter and spring, and swim there yourself in the calmer summer months. On the drive up, make a snack stop in **Haleiwa**: Try the burgers from **Kua Aina Sandwich**, chocolate coconut pie from **Ted's Bakery** or rainbow shave ice from **Aoki's**.

WHERE TO STAY → The luxurious



WAIKIKI BEACH

This surfing hotspot is also Oahu's main hotel and resort area

Most people haven't a clue.



100% Real Dairy
French Vanilla

La
Crème

100% REAL DAIRY CREAMER



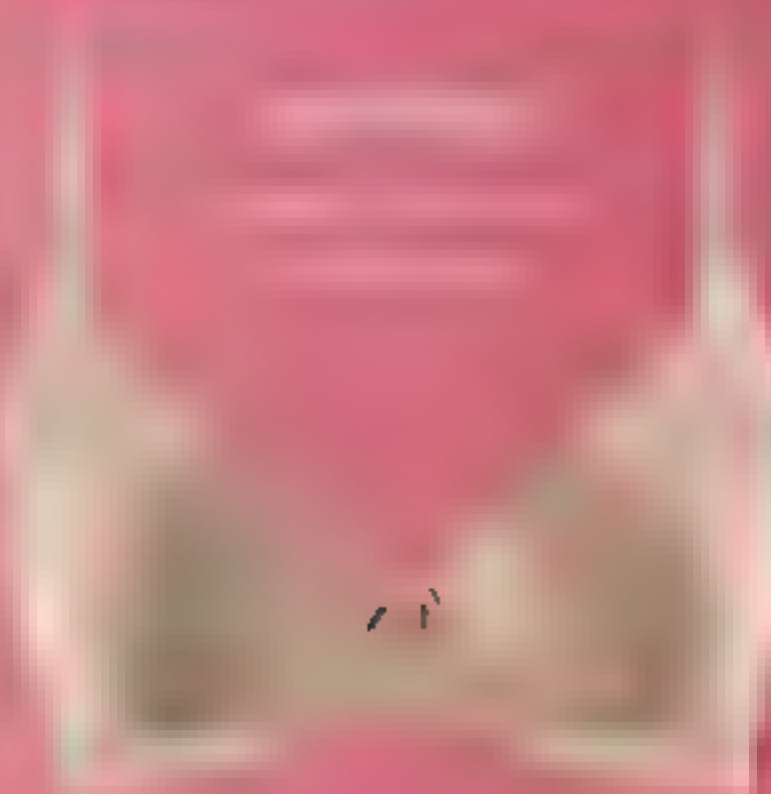
Get this, millions of people who use Coffee-mate actually think it comes from a cow. That's udderly insane. **Introducing La Crème.** 100% real dairy creamer. From real cows. And in four truly amazing natural flavors, your coffee has never had it this good.

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Fabulous



KILAUEA VOLCANO
One of the world's
most active volcanoes
is on the Big Island.

oceanfront **Sheraton Waikiki** offers ukulele and hula lessons, family game nights and stand-up paddleboard lessons. Rates start at \$235 a night. The beachfront **Outrigger Waikiki** is centrally located and eco-friendly, working with a local fashion company called **Kini Beach** to recycle guests' left-behind beach toys into stylish handbags. Rooms start at \$159 a night. (Also try **Holiday Inn Ohana Waikiki Beachcomber**; rates start at \$119.) To experience Oahu's remote side, rent a house on the North Shore, in **Haleiwa** or **Ehukai Beach** (from \$130 a night plus cleaning fee; vrbo.com).
Info: visit-oahu.com

big island

Volcanoes rule! You'll find five here, including one of the world's most active, Kilauea. Among other grand-scale attractions: waterfalls, rainforests, black- and green-sand beaches and the mighty Mauna Kea, altitude 9,000 feet. Nibble your way through Hilo's Farmers' Market on Wednesdays and Saturdays—great for souvenir-shopping too. Plan to stay on both sides of this massive island: the sunny Kona-Kohala coast, and the eastern end, closer to the lava flows.

FREE FOR ALL → Soak away stress while kids snorkel and swim around you in the volcanically heated **Ahalanui** thermal spring, which has lifeguards, showers and awesome ocean views. Cool down in the mist of two waterfalls at **Akaka Falls State Park**, north of Hilo. At **Pu'ukohola Heiau National Historic Site**, on the western coast, see ruins of an ancient temple as well as black-tip sharks (once worshipped by Hawaiians), said to circle a sunken altar. You can spot humpback whales from many points on the

island, December through May, and help marine biologists count them on the last Saturday in March (hawaiihumpbackwhale.noaa.gov/welcome).

ADVENTURES IN PARADISE → At **Volcanoes National Park** (\$10 per car), hike or bike alongside vast craters, dried lava fields and smoking steam vents, pausing to walk through the underground **Thurston Lava Tube**. If Mother Nature cooperates, watch lava slide into the sea from the viewing area at the end of Highway 130 in the **Puna** district (check eruption conditions at lavainfo.us). It's a splurge, but for a jaw-dropping, close-up view of the hot stuff, take a **Lava Ocean Adventures** boat tour (adults, \$180; kids, \$125, lavaocean.com). The **Kohala** coast is known for snorkeling—the crystal-clear cove at **Kahaluu Beach Park** is perfect for beginners. Or try something more surreal: a night snorkel with gentle manta rays. Guides at **Kona Honu Divers** set lanterns on the sea floor, illuminating the 12-foot rays as they gracefully glide around you (\$80; konahonudivers.com).

WHERE TO STAY → Kids will never be bored at **Kohala's Hilton Waikoloa Village**, an enormous resort with a kayaking lagoon, waterslides and lazy rivers. Hike trails and see petroglyphs (ancient rock carvings), or simply chill at the spa (which offers teen treatments). Rates start at \$179 per night (waikoloabeachresort.com). To be nearest to Volcanoes National Park, stay at **Kilauea Lodge**, a charming B&B located just a mile from park gates. Rooms with fireplaces start at \$170 for double occupancy and \$185 for cottages; \$20 for each additional guest, includes breakfast (kilauealodge.com). Another volcano-viewing option is **Hilo Hawaiian Hotel**, about 30 minutes from the park, and close to **Hilo's Farmers' Market**. The harborside hotel has a freshwater pool, buffet



restaurant and rooms starting at \$99 a night (castleresorts.com/home/accommodations/hilo-hawaiian-hotel).

Info: bigisland.org

kauai

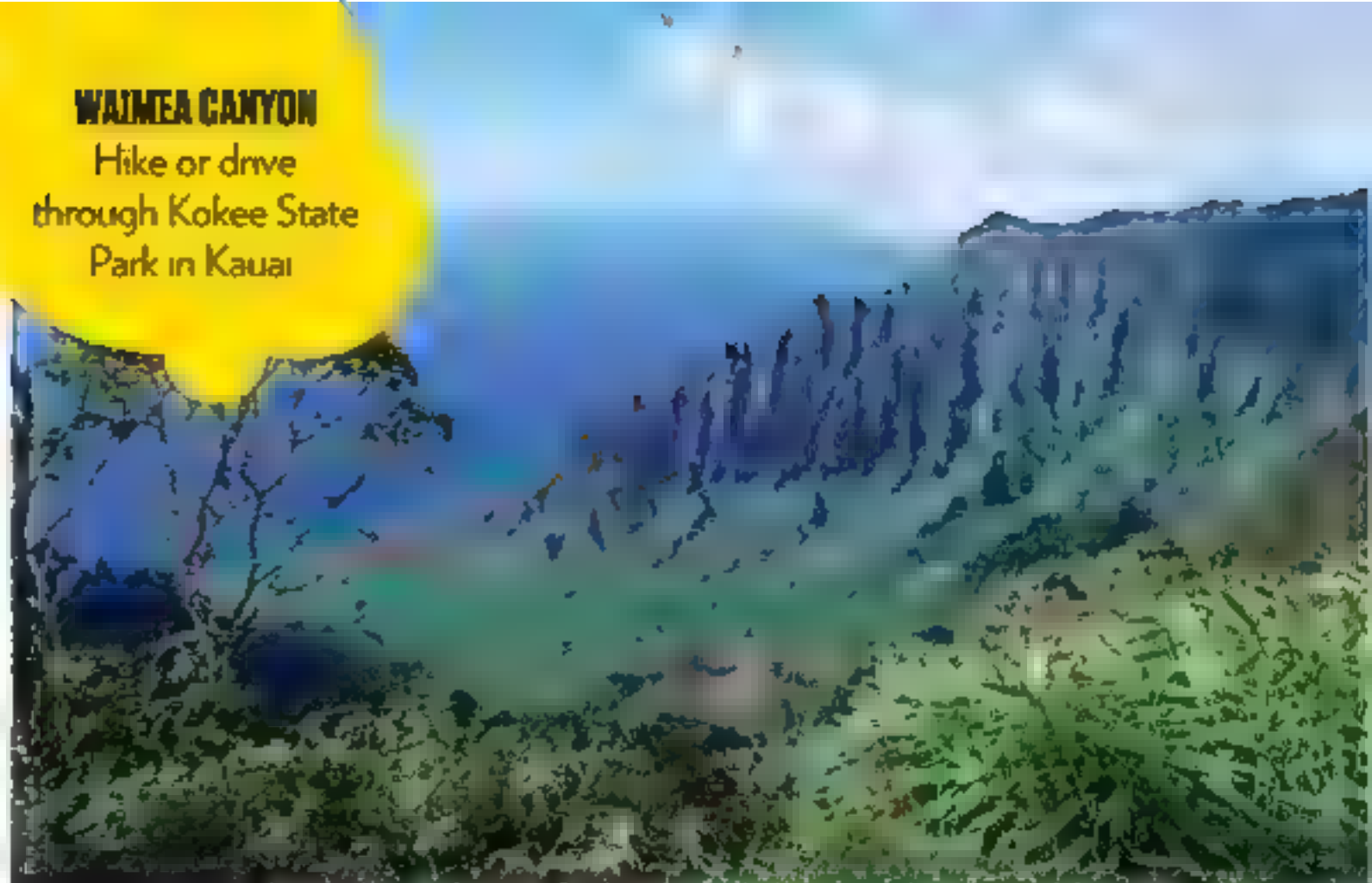
This lush green isle is movie-set perfect. *Jurassic Park*, *King Kong* and *Raiders of the Lost Ark* were all filmed here. Channel your inner Indiana Jones alongside dramatic waterfalls and soaring sea cliffs. In Kokee State Park, revel in the spectacular views of Waimea Canyon, aka the Grand Canyon of the Pacific.

FREE FOR ALL → You can drive right up to many of the island's awesome sights. Near Lihue airport, check out 80-foot **Wailua Falls**. On the southern shore, the **Hanapepe Overlook** displays a valley where Spielberg's dinosaurs roamed; there's also a **Swinging Bridge** over the river that kids can run across. Go west on Route 50 to pick up the winding road to

Waimea Canyon, taking in the vistas at mile 11, then continuing to **Kokee State Park**, high over the Pacific. (Don't worry if fog is shrouding the view; it usually lifts after a few minutes.) Go road-tripping across one-lane bridges to the secluded beaches on the less-developed **North Shore**—be sure to stop at roadside fruit stands and visit the historic town of **Hanalei**.

ADVENTURES IN PARADISE → Strap on a lighted helmet and mountain-tube in old sugar plantation ditches, zooming through flumes, mild rapids and dark tunnels (\$100; kauaibackcountry.com). If you'd rather take things slow, kayak the tranquil **Wailua River** to waterfall trails, \$17 per person; or do the guided three-hour **Blue Lagoon Paddle and Snorkel** through the wildlife refuge on North Shore's **Hanalei Bay**, (adults, \$60; kids, \$45; kayakkauai.com). Climb to the top of the North Shore's **Kilauea Lighthouse** to spot whales, albatrosses and red-footed boobies (ages 16 and up, \$5). Don't forget

WAIMEA CANYON
Hike or drive through Kokee State Park in Kauai



to fuel up for all that activity with famous Hawaiian fast food: burgers at **Bubba's** (in **Hanalei**, **Kapaa** and **Poipu**) and pizza from **Kilauea Bakery & Pau Hana Pizza** on the North Shore.

WHERE TO STAY → At **Sheraton Kauai** on sunny **Poipu Beach**, kids can swim in the ocean or pools (one has a slide and rope swing). During spring break there's a teen concierge program, with local high school students leading cultural workshops. Nightly rates start at \$219 in low season, April to May and September to Christmas (sheraton-kauai.com). The newly

renovated beachfront **Kauai Beach Resort** on the **Coconut Coast** is near the Lihue airport and most of Kauai's major sights. It also has multiple lagoon pools—the ocean's too rough for swimming. Rooms start at \$129 (kauaibeachresorthawaii.com). On the North Shore, the two-story **Hanalei Bay Villas** overlook the ocean, waterfalls or mountains, and come with free access to the secluded beach at 5-star **Princeville Resort** next door. Rentals start at around \$145 per night for two-bedroom units (oceanfrontrealty.com). Info: kauaidiscovery.com ●



Make Some New Easter Buddies

Bake up a lively Easter, with colorful, sugar cookie characters.



TOLLHOUSE.COM

At Target, you can find all the ingredients you need to make these cookies.



Family + DOG

Do your homework ahead of time to ensure you end up with the perfect new addition. **By Alison Goldman**

Love at first sight is easy when an adorable puppy is involved, but it's important to consider your lifestyle before making a choice. "People think of their dogs as part of their family, so you want one who fits in with your daily routine," says Lisa Peterson, American Kennel Club spokesperson and dog breed expert. Check out our breed recommendations for typical family situations. You just might meet your match!



Suburban family

→ Golden Retriever

If your idea of the perfect Saturday is being outside tossing around a football, then consider the golden retriever. As the name "retriever" suggests, this dog is in its element chasing a Frisbee or playing fetch with the kids. Golden retrievers are easy to train, a bonus for busy moms and dads. Keep in mind, though, the grooming required: "Their coats are thin, fine and mat easily, so you have to do a fair amount of brushing," Peterson says. **Runner-Up:** Border Terrier



Rural family

→ Labrador Retriever

This dog ranks number one in America for good reason—its versatility. The Labrador retriever is an excellent pick for a family of hikers or campers. Historically, Labrador retrievers were bred as strong hunting companions; for you, that means they're devoted, easy to train and love the open air. Another plus: The Lab's shorter coat won't attract as many bushes, burrs and brambles as a longer-haired breed's. **Runner-Up:** Cardigan Welsh Corgi



The family with rambunctious kids

→ Beagle

The beagle has serious energy. It follows its nose anywhere and everywhere, which can get it into trouble occasionally. Almost sounds like your teens, right? Peterson recommends a beagle for parents looking to teach their kids responsibility. "This breed is compact enough so that a teenager or tween can walk, groom and feed it, love it and play with it," she says. "It's not too much dog for your kids to handle." **Runner-Up:** Dachshund



The multi-generational family

→ Brussels Griffon

This breed is small and likes to cuddle, Peterson says. She suggests Brussels griffons for both senior citizens and children who are looking for an affectionate companion pup. They are spunky, inquisitive and require daily (but not intense) exercise. **Runner-Up:** Cavalier King Charles Spaniel



City family

→ Pug

Urban living poses some challenges for a pet, and this breed is a great bet for a family with less room to maneuver. "Pugs are very much people dogs," Peterson says. "They are companion animals and like to stay with their owners at all times." In addition, pugs require a relatively small amount of grooming and exercise. **Runner-Up:** French Bulldog

PICK-A-PUP CHECKLIST

Purebred or mixed breed—no matter. "Taking time to meet the animal and learn about its personality is really the key to finding the right pet for your family," says Sara Kent, director of shelter outreach for Petfinder.com. Consider these factors before you bring a dog home:

- ✓ **Size** "A fine-boned dog like a Chihuahua might not be the best choice for a rowdy household of kids," Kent says. This breed would be a better fit for, say, a low-key, less-active family.
- ✓ **Temperament** If your dog complements your family's "personality," everyone will be happier. Do you prefer a friendly dog who loves to kiss and snuggle, or a more subdued one?
- ✓ **Age** Puppies are lovable and sweet, but they also require a great deal of attention. Be sure you're prepared to contribute the time and funds necessary for raising a young dog—think puppy training classes, vet visits and all of those replacements for chewed-up shoes.
- ✓ **Grooming** Frequent trips to the groomer can be costly and time-consuming. "Do you want to be going to the groomer monthly with your dog?" asks Kent. "Or would you rather have a pet who's maybe a little more wash-and-wear?"
- ✓ **Exercise** Active dogs who don't get to move their bodies become bored and might exercise their brains instead—in the form of destructive behavior. Assess the level of activity a dog will require, and whether your family can keep up, before you move forward.

About **25%** of dogs in shelters are purebred.

Source: the Humane Society of the United States

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Garden Veggies & Fruit	✓	?
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LifeSource® Bits	✓	?
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STYLE

→ BEAUTY NEWS → FASHION TRENDS → BEST PRODUCTS



A Step Above

From the new season's most coveted shoes to the latest in footwear accessories, we've got you covered. Plus, we'll show you how to style your feet for the season ahead. BY JESSICA WATSON

STYLE NEWS

→ BY AMANDA FLORES



FROCK 'N' ROLL

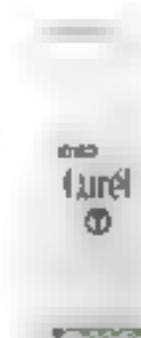
It's time to dust off your closet for the spring season. The new collection of dresses is a perfect mix of classic and contemporary styles. The collection is a perfect mix of classic and contemporary styles. The collection is a perfect mix of classic and contemporary styles.

SOFT SPOT

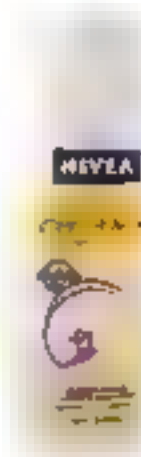
Approximately 60% of women surveyed by Nivea said their moisturizer lasts less than four hours. To the rescue: a new slew of staff-approved hydrators proven to leave you velvety 24/7.



Dial NutriSkin Replenishing Lotion for Extra Dry Skin stayed true to its claim and kept me soft all day. Plus, it didn't irritate my sensitive skin—even post-shaving.
—Caren, assistant editor



Unlike many super-moisturizing formulas, Curél Daily Moisture Lotion went on light and absorbed quickly. My skin was still silky long after I applied.
—Celia, associate editor



Even hours after showering with Nivea Touch of Cashmere Cream Oil Body Wash my skin still feels smooth.
—Joanne, associate publisher

Skin Deep



Scott-Vincent Borba wants to set the record straight: Looking gorgeous does not require a pricey regimen. In his new book, *Skintervention*, the celebrity skin care guru—his clients include Mila Kunis and Paula Abdul—and creator of Borba Cosmetics offers DIY tips on achieving red-carpet-worthy results at home.

- Get a natural sun-kissed glow by adding a few pinches of bronzer to your moisturizer—the golden flecks will catch the light and illuminate your face.
- Wake up bright-eyed: Apply a very thin layer of Vaseline on top of your nighttime eye cream. It helps trap moisture and eliminate A.M. puffiness. Gently wipe off any excess in the morning.
- When exfoliating, make sure it's not a one-step process. Wash your face afterward—your cleanser will be more effective because it is treating "new" skin.

SHOW OF HANDS

Leopard and lace at your fingertips. Literally. This spring's hottest prints aren't just showing up on clothing—you'll find them adorning nails and toes too. Sally Hansen's latest: Salon Effects Real Nail Polish strips—stickers in pretty patterns and bold colors. Or try OPI's new Black Shatter—applied over any solid polish, it gives you a cool, crackled, animal-print look.



Hansen's latest: Salon Effects Real Nail Polish strips—stickers in pretty patterns and bold colors. Or try OPI's new Black Shatter—applied over any solid polish, it gives you a cool, crackled, animal-print look.



SWEET SEXY SCIENCE

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AMANDA FLORES
Editorial Assistant



Suave Naturals Creamy Apricot & Orange Blossom Body Wash keeps my skin feeling ultra smooth—and the sweet fragrance is an instant energizer. \$2



Taking a few minutes before bed to set my hair in Conair Bamboo Naturals Soft Rollers results in a soft, easy bounce the next morning. No heat required! Amazon.com, \$9.99



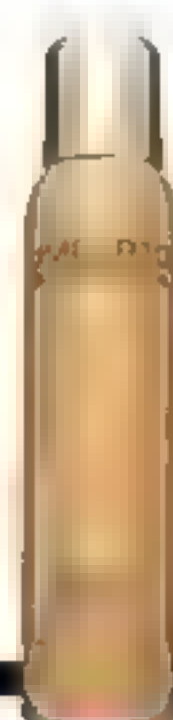
My signature fragrance, Victoria's Secret Dream Angels Heavenly, now comes in a totable size. It's a must in my cosmetic bag. Victoria's Secret stores, \$9.99



DORI KATZ
Associate Editor



A little bit of Eucerin Daily Skin Balance Skin-Fortifying Hand Creme goes a long way—it absorbs quickly and leaves my hands supersoft. \$5.59



One spritz of Umberto Shimmer Shine Spray sleeks my strands and tames any post-blow-dry flyaways. Target, \$9



Sonia Kashuk Nail Colour in Starry Night combines my two fave nail trends: a deep, dark hue and subtle sparkle. Target, \$4.99



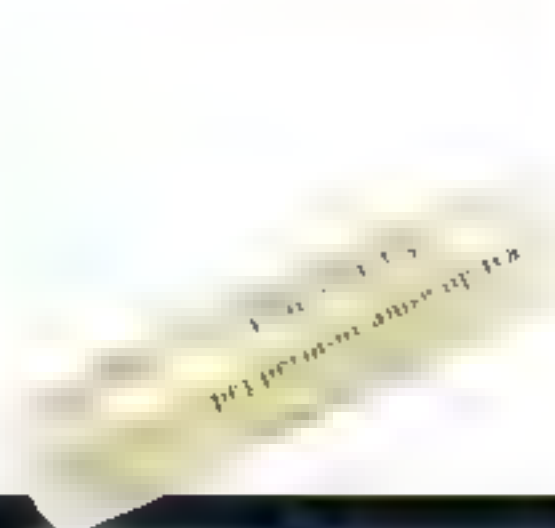
LINDA MORAN EVANS
Beauty & Fashion Director



Physicians Formula Concealer Twins 2-in-1 Correct & Cover Cream hides imperfections—one side disguises darkness and redness, the other lets you cover up with ease. So handy! \$7



These Modella bags have made lugging around my many makeup products a pleasure. No loose items floating in my purse, and they come in dozens of fun prints. Walmart, \$3 each



My lips literally drink in the shea butter- and olive oil-infused Lip Tea Balm from h.wood.beauty. Of the half a dozen flavors to choose from, peppermint anise is my top pick. Hwoodbeauty.com, \$9.99

→ **our obsession** A glowing, minimal-makeup face is the look for spring. And Hard Candy Glamazon Glow is the "it" kit—we all keep the travel-size bronzer and luminizer stashed in our desks for P.M. touch-ups.

Hard Candy Glamazon Glow, Walmart stores and walmart.com, \$8

All products are available at drugstores unless otherwise noted.



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BASIC


instinct

LESS IS DEFINITELY MORE THIS SPRING. SIMPLIFY YOUR CLOSET WITH GRAPHIC SHAPES AND BOLD MIXES OF BLACK, WHITE AND COLOR BALANCED WITH NEUTRALS THAT LOOK SURPRISINGLY NEW. BY JULI ALVAREZ

photography by Jim Wright

«white out

The crisp and airy tunic
simplifies fashion this
season. Ease it on with
a matching trouser
bottom for bare
tightly sex.



(This page) Top,
Dots, \$16 Bra,
Cosabella, \$76
Shorts, Coldwater
Creek, \$50. Clutch,
Menbar Nardo,
\$127.50. Cuff, Ted
Rossi, \$70.
(Opposite page)
Tunic, Hessnatur
by Eviana
Hartman, \$158.
Pants, Seaton, \$98
Sandals, N.cole,
\$145 Sunglasses,
Emporio Armani,
\$180. Bangle,
SURevolution, \$90.

hot spots >

This season's polka-
dots are more
geometric than
gurlie. Stay sharp
with neat to-the-
knee shorts.

A woman with short blonde hair and red-rimmed glasses stands in a room with large, multi-paned windows. She is wearing a brown suede dress and pink platform shoes. She is holding a small object in her right hand. The room has a wooden floor, a bookshelf, and a small table with a lamp.

second skin >

Featherweight suede is a fresh option for your spring wardrobe. Hot pink platforms and specs are a witty but wise addition

(This page) Tunic, Coldwater Creek, \$140. Pants, Boden, \$128. Sandals, Miss Sixty, \$156. Bangle, Mango Tree, \$20.
(Opposite page) Dress, H&M, \$149. Sandals, Nina, \$90. Glasses, Selima Optique.



< clean slate

Earthy grays and nudes in pared-down silhouettes are unexpectedly sophisticated. Keep it minimal with sleek hair and a single-colored cuff.

fine lines >

Black-and-white is a classic combo but manages to look starkly modern at the moment.

A strappy sandal in bright white is the perfect punctuation.





< waist not

Breathe easy by
skimming a silky shift
over your shape. The
color-block design is
fun and upbeat.

(This page) Dress, Target GO International Designer Collective, \$40. Bangles, Mango Tree, \$20/each. (Opposite page) Dress, Petit Bateau, \$112. Heels, Kenneth Cole New York, \$178. Necklace, Circa Sixty Three, \$30. Bangle, AV Max, \$40.



HEALTH

→ SMART WAYS TO LIVE WELL → STRATEGIES FOR EATING RIGHT → EASY FITNESS PLANS

Whey Good

Lower elevated blood pressure by tossing some whey protein into your smoothie. Consuming 4 tablespoons (28 g) a day for six weeks decreased both the systolic and diastolic numbers of participants in a recent Washington State University study. "Whey improves the health of blood vessels," says researcher Susan Fluegel, Ph.D. The powder is sold in many supermarkets and drugstores, in a variety of flavors. (Twinlab 100% Whey Protein Fuel, Strawberry Smash, 2 pounds, target.com, \$25)

HEALTH NEWS

→ BY CHRISTINE MATTHEIS

23%

of American meals include a vegetable, according to the report "Eating Patterns in America." It's not enough: Adults should be eating five servings of veggies each day (that's at least one serving with every meal, and two as part of between-meal snacks). For easy ways to include more vegetables in your diet, go to familycircle.com/veggieservings

Veggies contain antioxidants that shield the body from cardiovascular disease and many cancers.



OUT OF JOINT

If chewing, yawning or even talking causes discomfort in your jaw, you might be among the 10 million Americans—predominantly women—who suffer from temporomandibular joint disorder (TMJ). "In most cases you can manage your symptoms on your own," says Christian S. Stohler, dean of the University of Maryland Dental School and an adviser to the TMJ Association. Follow this advice to ease pain:

Try not to clench. Many people grit their teeth subconsciously when they feel stressed. Put a mirror on your desk as a reminder to relax your face.

Stretch your jaw. A few times a day slowly open your mouth very wide and then close it.

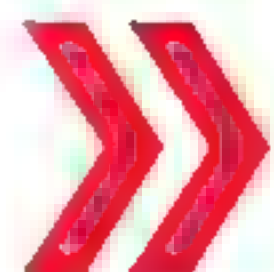
Avoid gum and tough meats. Extra chewing aggravates the condition.

For severe pain, your doctor may prescribe physical therapy or even botox—though not yet approved for the treatment of TMJ, it appears to be effective in severe cases.

Q+A

MY HANDS SWELL WHEN I WALK FOR EXERCISE. SHOULD I BE CONCERNED? No. "It's common—and harmless," says Jon Schriener, D.O., a fellow at the American College of Sports Medicine. "When you swing your arms at your sides, gravity and centrifugal force cause blood to pool in your hands." To ease puffiness, place your hands on top of your head. They should return to normal within a couple of minutes.

HEAVY METAL



Your jewelry or even your cell phone may cause patches of skin to redden and itch. The culprit: nickel, which is used in many products because it's easy to blend with more expensive metals, says allergist Luz Fonacier, M.D. Treat symptoms with an over-the-counter corticosteroid cream (.25% to .5%) and take these steps to avoid future flare-ups.

PROBLEM AREAS →

Ears, neck, fingers

Possible Irritants →

Earrings, necklaces, rings

The Fix → Wear 18- or 14-karat gold, stainless steel, sterling silver or titanium. White gold and cobalt often contain nickel.

PROBLEM AREAS →

Cheeks and jawline

Possible Irritant → Cell phone

The Fix → Buy a plastic, fabric or leather case, or use a hands-free device

PROBLEM AREA →

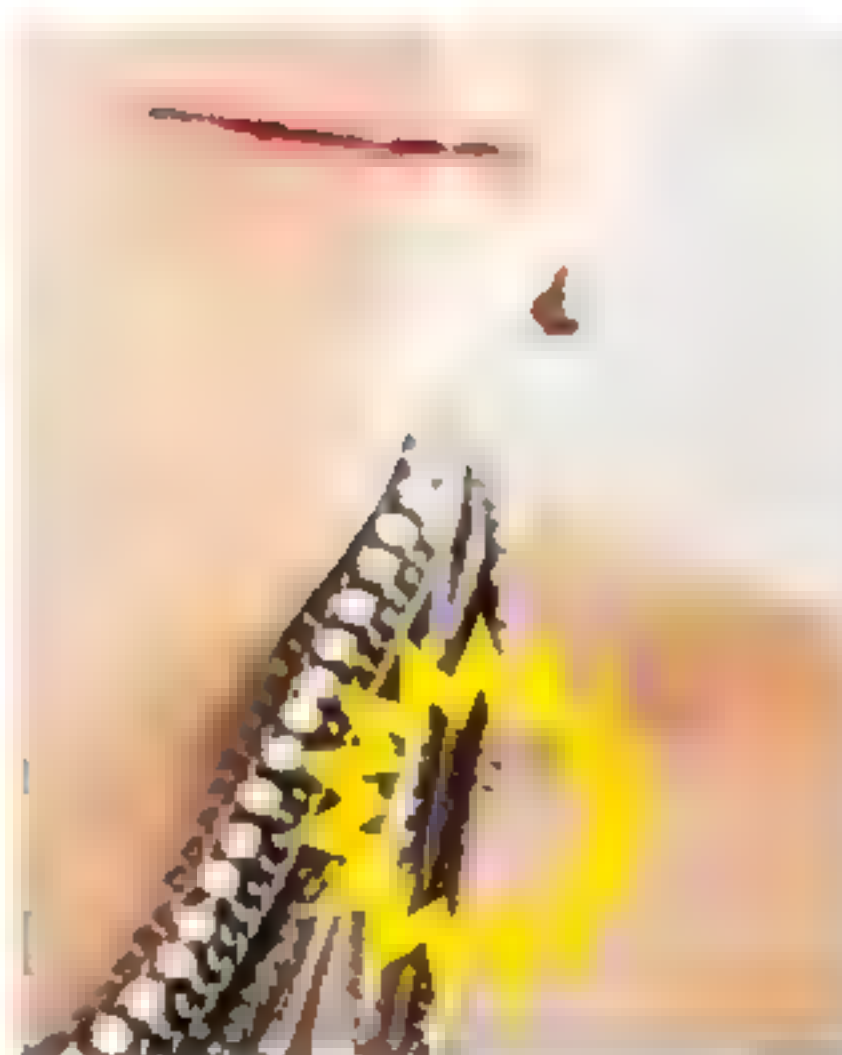
Wrist

Possible Irritant →

The Fix → Switch to a leather, cloth or plastic band.

PROBLEM AREA →

Torso
Possible Irritants → Zipper, belt buckle, metal rivets on jeans



The Fix → Wear an undershirt or camisole tucked into your pants to protect skin from zippers and buckles. Applying clear nail polish to buckles and rivets may help, but you'll need to retouch as it wears off

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EVISTA has been prescribed for over 10 years to treat and prevent osteoporosis in women past menopause.

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EVISTA,
my osteoporosis medicine
my way

Important Safety Information for EVISTA® (raloxifene HCl tablets)

You should not take EVISTA if you have had or are at risk for getting blood clots in the legs, lungs or eyes, as it may increase the risk of blood clots. Stop taking EVISTA and call your doctor if you have leg pain or warmth, swelling of the legs, hands or feet, chest pain, shortness of breath or a sudden vision change, as these may be signs of a blood clot. Being unable to move around for long periods may increase this risk. If you will need to be still for a long time, talk to your doctor about ways to reduce the risk of blood clots.

EVISTA does not increase the risk of a heart attack or stroke in women who have had or are at risk for a heart attack; however, EVISTA increases the likelihood of dying from stroke in these women, should one occur. Before taking EVISTA tell your doctor if you have had a stroke, a mini-stroke, irregular heartbeat, high blood pressure, heart attack, history of smoking, or believe you have other risk factors for stroke or a heart attack.

Before Taking EVISTA

EVISTA is not right for everyone. You should only take prescription EVISTA if you are past menopause. Before taking EVISTA, talk to your doctor about all your medical conditions. If you are pregnant, nursing or may become pregnant, do not take EVISTA, as it may cause fetal harm. Women with liver or kidney disease should use EVISTA with caution. EVISTA should not be taken with estrogens in the form of pills, patches or injections.

Side Effects

Side effects may include hot flashes, leg cramps, swelling, flu-like symptoms, joint pain, and sweating. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see next page for additional information about EVISTA.

1-888-77-EVISTA



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If you need assistance with prescription costs, help may be available
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Lilly

Information for Patients About

EVISTA®

(raloxifene hydrochloride tablets)

Tablets for Oral Use

Please read the information carefully that comes with EVISTA before you start taking it and each time you refill your prescription. The information may have changed. This information does not take the place of talking with your doctor about your medical condition or treatment. Talk with your doctor about EVISTA when you start taking it and at regular checkups.

What is the most important information I should know about EVISTA?

Serious and life-threatening side effects can occur while taking EVISTA. These include blood clots and dying from stroke:

- Increased risk of blood clots in the legs (deep vein thrombosis) and lungs (pulmonary embolism) have been reported with EVISTA. Women who have or have had blood clots in the legs, lungs, or eyes should not take EVISTA.
- Women who have had a heart attack or are at risk for a heart attack may have an increased risk of dying from stroke when taking EVISTA.

1. Before starting EVISTA, tell your doctor if you have had blood clots in your legs, lungs, or eyes, a stroke, mini-stroke (transient ischemic attack), or have an irregular heartbeat.

2. Stop taking EVISTA and call your doctor if you have:

- leg pain or a feeling of warmth in the lower leg (calf).
- swelling of the legs, hands, or feet.
- sudden chest pain, shortness of breath, or coughing up blood.
- sudden change in your vision, such as loss of vision or blurred vision.

3. Being still for a long time (such as sitting still during a long car or airplane trip or being in bed after surgery) can increase your risk of blood clots. (See **"What should I avoid if I am taking EVISTA?"**)

What is EVISTA?

EVISTA is a type of prescription medicine called a Selective Estrogen Receptor Modulator (SERM). EVISTA is for women after menopause, and has more than one use:

- **Osteoporosis:** EVISTA treats and prevents osteoporosis by helping make your bones stronger and less likely to break.
- **Invasive Breast Cancer:** If you have osteoporosis or are at high risk for breast cancer, EVISTA can be used to lower your chance of getting invasive breast cancer. EVISTA will not totally get rid of your chance of getting breast cancer. Your doctor can estimate your risk of breast cancer by asking you about risk factors, including:
 - your age (getting older).
 - family history of breast cancer in your mother, sister, or daughter.
 - a history of any breast biopsy, especially an abnormal biopsy

You and your doctor should talk about whether the possible benefit of EVISTA in lowering your chance of getting invasive breast cancer is greater than its possible risks.

EVISTA is not for use in premenopausal women (women who have not passed menopause).

Who should not take EVISTA?

Do not take EVISTA if you:

- have or have had blood clots in your legs, lungs, or eyes. Taking EVISTA may increase the risk of getting blood clots.
- are pregnant or could become pregnant. EVISTA could harm your unborn child.
- are nursing a baby. It is not known if EVISTA passes into breast milk or what effect it might have on the baby.

What should I tell my doctor before taking EVISTA?

EVISTA may not be right for you. Before taking EVISTA, tell your doctor about all your medical conditions, including if you:

- have had blood clots in your legs, lungs, or eyes, a stroke, mini-stroke (TIA/transient ischemic attack), or a type of irregular heartbeat (atrial fibrillation).
- have had breast cancer. EVISTA has not been fully studied in women who have a history of breast cancer.
- have liver or kidney problems.
- have taken estrogen in the past and had a high increase of triglycerides (a kind of fat in the blood).
- are pregnant, planning to become pregnant, or breast-feeding (see **"Who should not take EVISTA?"**).

Tell your doctor about all medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist each time you get a new medicine. Especially tell your doctor if you take*:

- warfarin (Coumadin®, Jantoven®)

If you are taking warfarin or other coumarin blood thinners, your doctor may need to do a blood test when you first start or if you need to stop taking EVISTA. Names for this test include "prothrombin time," "pro-time," or "INR." Your doctor may need to adjust the dose of your warfarin or other coumarin blood thinner.

- cholestyramine
- estrogens

EVISTA should not be taken with cholestyramine or estrogens.

How should I take EVISTA?

- Take EVISTA exactly how your doctor tells you to.
- Keep taking EVISTA for as long as your doctor prescribes it for you. It is not known how long you should keep taking EVISTA to lower your chance of getting invasive breast cancers.
- It is important to get your refills on time so you do not run out of the medicine.
- Take one EVISTA tablet each day.
- Take EVISTA at any time of the day, with or without food.
- To help you remember to take EVISTA, it may be best to take it at about the same time each day

- Calcium and vitamin D may be taken at the same time as EVISTA. It is important to take calcium and vitamin D, as directed by your physician, to prevent or treat osteoporosis.
- If you miss a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and take only your next regularly scheduled dose. Do not take two doses at the same time.

What should I avoid while taking EVISTA?

- Being still for a long time (such as during long trips or being in bed after surgery) can increase the risk of blood clots. EVISTA may add to this risk. If you will need to be still for a long time, talk with your doctor about ways to reduce the risk of blood clots. On long trips, move around periodically. Stop taking EVISTA at least 3 days before a planned surgery or before you plan on being still for a long time. You should start taking EVISTA again when you return to your normal activities.
- Some medicines should not be taken with EVISTA (see “What should I tell my doctor before taking EVISTA?”).

What are the possible side effects of EVISTA?

Serious and life-threatening side effects can occur while taking EVISTA. These include blood clots and dying from stroke:

- Increased risk of blood clots in the legs (deep vein thrombosis) and lungs (pulmonary embolism) have been reported with EVISTA. Women who have or have had blood clots in the legs, lungs, or eyes should not take EVISTA.
- Women who have had a heart attack or are at risk for a heart attack may have an increased risk of dying from stroke when taking EVISTA.

See “What is the most important information I should know about EVISTA?”

The most common side effects of EVISTA are hot flashes, leg cramps, swelling of the feet, ankles, and legs, flu syndrome, joint pain, and sweating. Hot flashes are more common during the first 6 months after starting treatment.

These are not all the side effects of EVISTA. Tell your doctor about any side effect that bothers you or that does not go away. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What else should I know about EVISTA?

- Do not use EVISTA to prevent heart disease, heart attack, or strokes.
- To get the calcium and vitamin D you need, your doctor may advise you to change your diet and/or take supplemental calcium and vitamin D. Your doctor may suggest other ways to help treat or prevent osteoporosis, in addition to taking EVISTA and getting the calcium and vitamin D you need. These may include regular exercise, stopping smoking, and drinking less alcohol.
- Women who have hot flashes can take EVISTA. EVISTA does not treat hot flashes, and it may cause hot flashes in some women. (See “What are the possible side effects of EVISTA?”)
- EVISTA has not been found to cause breast tenderness or enlargement. If you notice any changes in your breasts, call EVISTA® (raloxifene hydrochloride tablets) PV 3125 AMP

your doctor to find out the cause. Before starting and while taking EVISTA you should have breast exams and mammograms, as directed by your doctor. Because EVISTA does not eliminate the chance of developing breast cancers, you need these examinations to find any breast cancers as early as possible.

- EVISTA should not cause spotting or menstrual-type bleeding. If you have any vaginal bleeding, call your doctor to find out the cause. EVISTA has not been found to increase the risk for cancer of the lining of the uterus.
- Women in clinical trials have taken EVISTA for up to eight years.

How should I store EVISTA?

- Store EVISTA at 68°F to 77°F (20°C-25°C).
- **Keep EVISTA and all medicines out of the reach of children.**

General Information about the safe and effective use of EVISTA

Medicines are sometimes prescribed for purposes other than the ones listed. Do not use EVISTA for a condition for which it was not prescribed. Do not give your EVISTA to other people, even if they have the same symptoms you have. It may harm them.

This is a summary of the most important information about EVISTA. If you would like more information about EVISTA, talk with your doctor. You can ask your doctor or pharmacist for information about EVISTA that is written for health professionals. For more information, call 1-800-545-5979 (toll-free) or go to the following website: www.evista.com.

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Literature issued October 30, 2008

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Based on Medication Guide PV 3125 AMP PRINTED IN USA
EVISTA® (raloxifene hydrochloride tablets) PV 3125 AMP

KIDS' HEALTH

→ BY CHRISTINE MATTHEIS



SWEAT TO BE SMART

Exercise can make kids more intelligent, say researchers from the University of Illinois at Urbana-Champaign. Working up a sweat increases the size of the basal ganglia, a part of the brain that controls attention and the ability to coordinate actions and thoughts.



Q&A

MY KIDS LOVE SOY MILK, BUT I HEARD IT CONTAINS ESTROGEN. IS THIS DANGEROUS FOR TEENS?

.....

Soy, like most plants, contains estrogenic compounds, and since soy milk is concentrated, it delivers more.

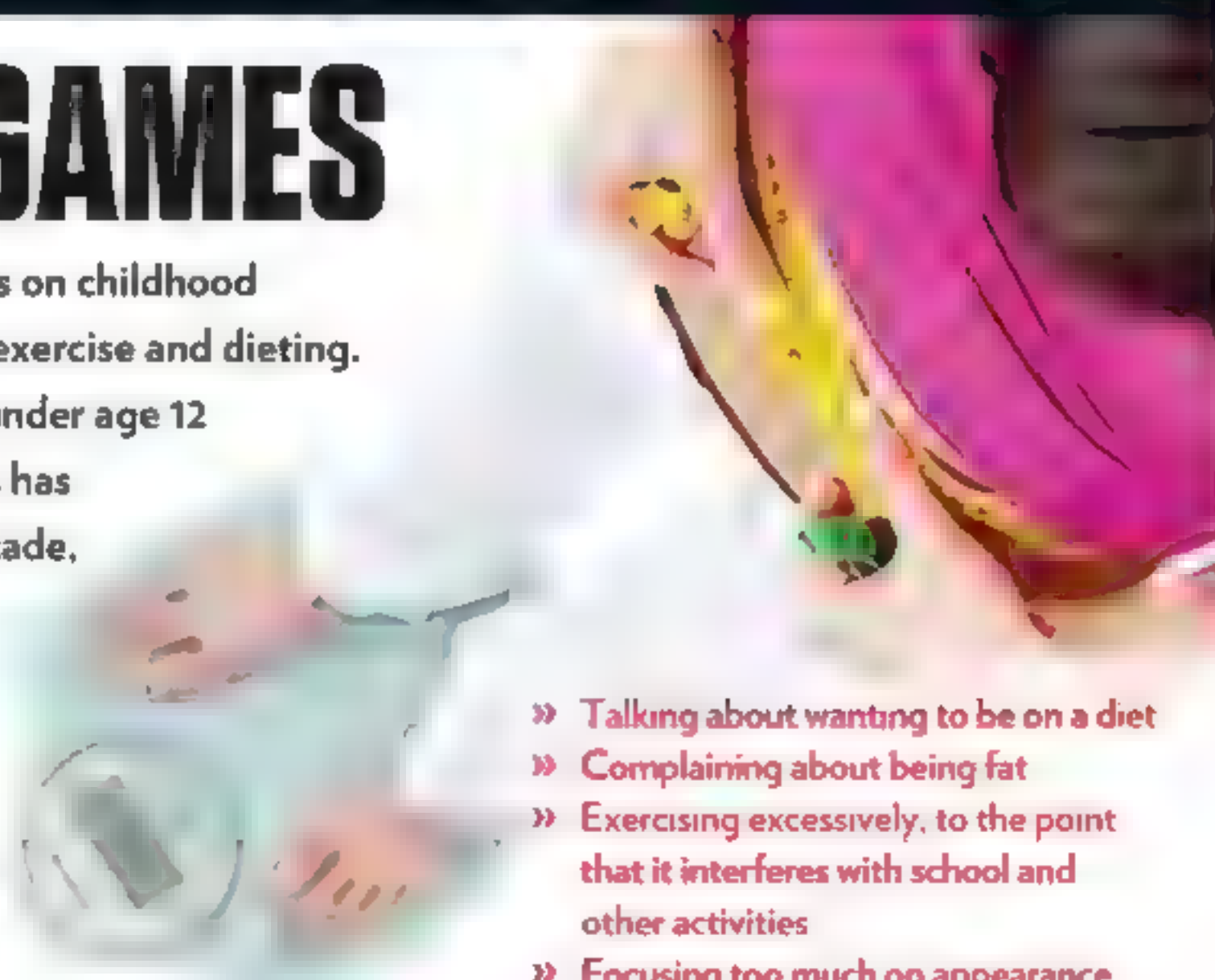
"But it's still considered safe," says Hugh Taylor, M.D., professor and director of reproductive endocrinology at Yale University School of Medicine. "Your child would have to drink massive amounts—more than anybody would voluntarily drink—to cause breast enlargement in boys, early-onset puberty in girls or other conditions related to high estrogen intake."

→ SKIP THE SALT

Teens consume 1½ teaspoons of sodium daily—more than double the recommended amount, according to a new study from the University of California, San Francisco. Pizza, cereals and canned foods are largely to blame. If young adults reduce their salt intake by a ½ teaspoon each day, the number at risk of having a heart attack by age 50 will drop by as much as 14%. Check the sodium content before buying packaged foods; the daily value per serving should never exceed 20%.

HUNGER GAMES

For many kids, the nation's focus on childhood obesity has triggered excessive exercise and dieting. In fact, the number of children under age 12 hospitalized for eating disorders has increased by 119% in the last decade, according to a new report. Parents should encourage healthful habits without using loaded words like "diet," "weight" or even "exercise," says study author David Rosen, M.D., a specialist in adolescent medicine and pediatrics at the University of Michigan. "Instead, focus on more positive terms like 'healthy eating' and 'physical activity,'" he says. If your child begins exhibiting any of the behaviors at right, make an appointment with your pediatrician as soon as possible.



- » Talking about wanting to be on a diet
- » Complaining about being fat
- » Exercising excessively, to the point that it interferes with school and other activities
- » Focusing too much on appearance
- » Eating tiny portions or skipping meals
- » Choosing only low-calorie foods
- » Following rigid meal rituals, such as cutting food into tiny pieces
- » Withdrawing from normal social activities
- » Refusing to eat in public



Chest Congestion Relief



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Unique bi-layer tablet. Maximum Strength Mucinex® breaks up the mucus that causes chest congestion. Only Mucinex has a bi-layer tablet. One layer goes to work fast, while the extended-release layer continues to work for 12 hours. So kick out mucus with Maximum Strength Mucinex.

Mucinex
Mucinex in. Mucus out.

KAREN MATZEL, 49

The Perfect Fit

Fiber One Yogurt is a zero guilt snack that helps this mother of the bride look fit and fabulous



When her daughter Amy became engaged, Karen Matzel, 49, started counting the calories and days until her daughter's big day. "I found an awesome dress, and I want to look awesome in it," says this New Jersey homemaker and mom of four. Because the ceremony is at Karen's home, she also has to fit lots of planning into her daily routine.

Snacking smart

Karen admits that she used to indulge a passion for snacking and still stay slim. "Since I'm not 20 anymore, I have to be more diligent about what I eat." She discovered that Fiber One Yogurt packs a lot of taste and nutrition—including 5 grams of fiber and 0 grams of fat—into one 50-calorie treat. "The Key Lime Pie flavor tastes too good to help me lose weight," Karen confesses.

Her happy results

Along with smart eating, Karen relies on brisk walking to help stay fit. "Nothing fancy—I just incorporate it into my regular routine." And the payoff? "When my dress arrived, it fit like a glove." Karen is looking forward to her daughter's big day, confident that she'll look every bit as vibrant and wonderful on the outside as she feels on the inside.



For more information, visit www.fiberone.com

Cardboard no. Delicious yes.™



Great taste, zero guilt.



50

CALORIES

5

GRAMS FIBER

0

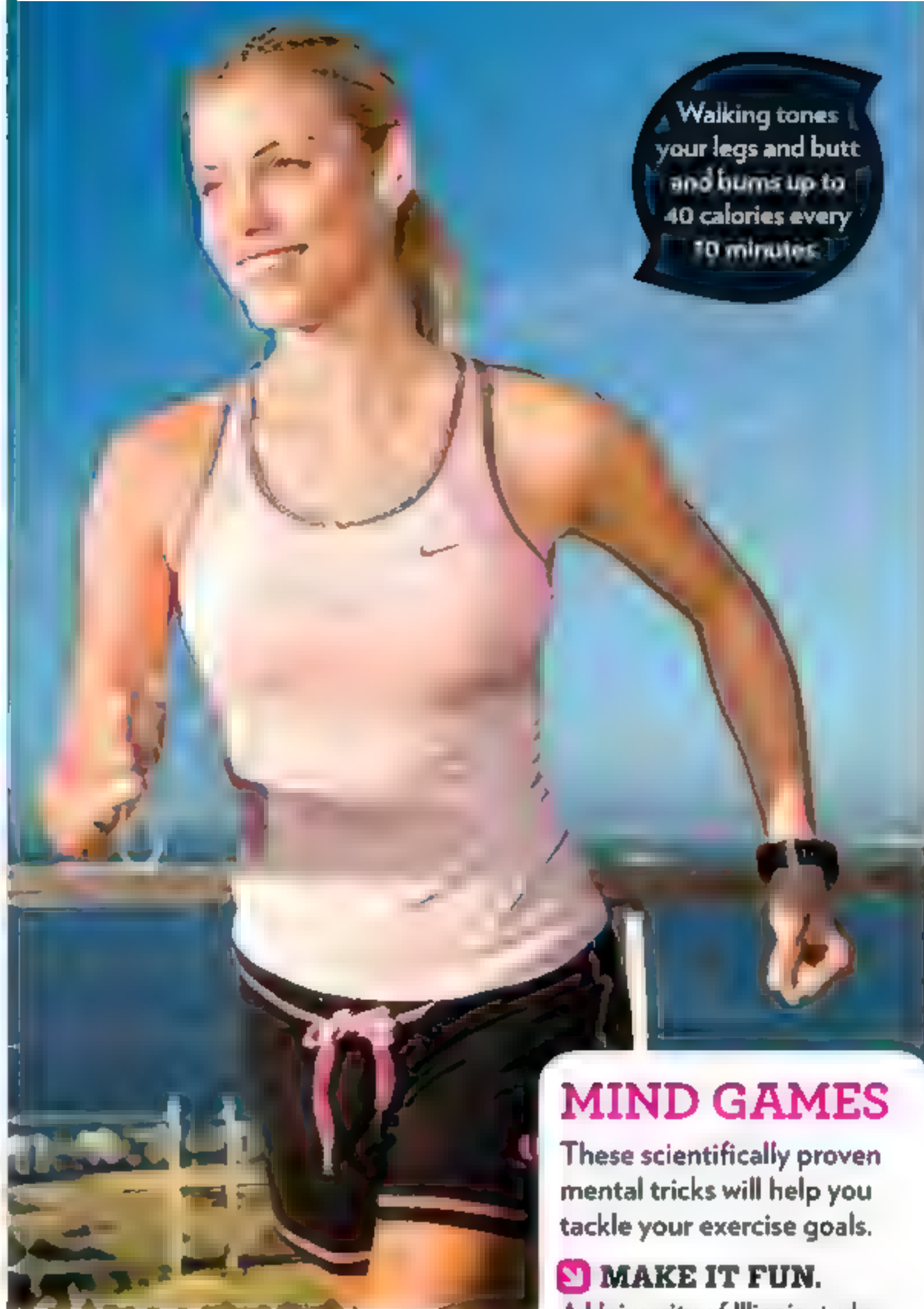
GRAMS FAT

WALK IT OFF

→ BY CHRISTINE MATTHEIS

SPRING FORWARD

Winter weather may have left you frozen to your couch, but don't let the hiatus discourage you from resuming your walking program. "It isn't hard to wake up hibernating muscles," says Gregory Florez, a personal trainer and spokesperson for the American Council on Exercise. There are two key things to remember when getting yourself up to speed. "First, you have to ease into it so you don't end up with sore knees, shins or feet," Florez says. Second, stay positive. "You'll feel winded during a routine that seemed easy last summer," he says. "But you'll be back to your old fit self soon." Florez developed this walking plan, which will revitalize your workout in just a few weeks.



MIND GAMES

These scientifically proven mental tricks will help you tackle your exercise goals.

1 MAKE IT FUN.

A University of Illinois study found that unmotivated people perform better when a task is made more enjoyable. Add zing to your walks by varying your routes, setting a destination (like the library), or tuning up your walking mix. Visit familycircle.com/playlists

2 FIND A FRIEND.

Over the course of two years, participants in a University of Pennsylvania study who exercised with a partner were more likely to stick with it and lost more weight than those who worked out alone. Walk with your spouse, a neighbor or members of a local walking group.

3 TALK TO YOURSELF.

Each morning, say out loud, "Will I walk today?" A study published in the journal *Psychological Science* shows that questioning whether you'll complete a task makes you more likely to actually do it.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	15 min: EASY	15 min: EASY	REST	REST	10 min: MODERATE. 15 min: EASY (Total: 25 min)	REST	OTHER ACTIVITY
2	20 min: EASY	25 min: MODERATE	REST	15 min: EASY. 15 min: MODERATE (Total: 30 min)	30 min: MODERATE	REST	OTHER ACTIVITY
3	25 min: EASY	30 min: MODERATE with 1-min HARD intervals every 5 min	15 min: EASY	30 min: MODERATE with 2-min HARD intervals every 5 minutes	35 min: EASY	OTHER ACTIVITY	REST
4	15 min: EASY. 15 min: MODERATE (Total: 30 min)	35 min: MODERATE with 3-min HARD intervals every 5 min	40 min: EASY	5 min: EASY. 15 min: MODERATE. 5 min: HARD. 5 min: EASY (Total: 30 min)	35 min: MODERATE	OTHER ACTIVITY	REST
EASY = You can speak in full sentences. MODERATE = Breathing is quick, and it's harder to hold a conversation. HARD = You're sweating and can't talk, and it's hard to breathe. OTHER ACTIVITY = Get your heart rate going for at least 20 minutes by hiking, picking a soccer ball, or engaging in any other activity.							



Think of it as the Little Black Dress of skincare

Cetaphil® is the perfect go-to, the timeless classic you don't have to think twice about. Cetaphil® Gentle Skin Cleanser soothes while it washes skin without fragrances or unnecessary additives. And our moisturizers hydrate without clogging pores. Try Cetaphil®—because healthy skin never goes out of style.

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HEALTHY FAST FOOD

By Sally Kuzemchak, R.D.

When life dishes up insane work deadlines, long road trips or back-to-back piano lessons and soccer practices, fast food becomes a fact of life. You can do a lot of nutritional damage in the drive-thru though, so we've scoured the menus at McDonald's, Chick-fil-A, Subway and more for our top picks.

Some entrée items are sufficiently low-calorie that you can add a side. See our suggestions below.



MCDONALD'S
Healthiest Meal
Honey Mustard Grilled Snack Wrap and Snack-Size Fruit and Walnut Salad
(470 calories, 17 g fat)
... Together these "snacks" make a well-rounded meal: plenty of protein, heart-healthy unsaturated fat (thanks to the walnuts), plus a good source of iron and calcium.

BURGER KING

Healthiest Meal
Hamburger and Value-Size Unsalted French Fries
(480 calories, 21 g fat)
... Follow BK's motto and "Have It Your Way." Order the basic burger without mayo and with extra lettuce and tomato to boost veggie servings. Ask for the french fries unsalted and save 100 mg of sodium.



WENDY'S
Healthiest Meal
Large Chili with side of Mandarin Oranges
(420 calories, 10 g fat)
... Made with ground beef and kidney beans, this classic tastes rich but has only 4 g of saturated fat. A full cup and a half packs 9 g of fiber and a quarter of your daily requirement of fatigue-fighting iron.

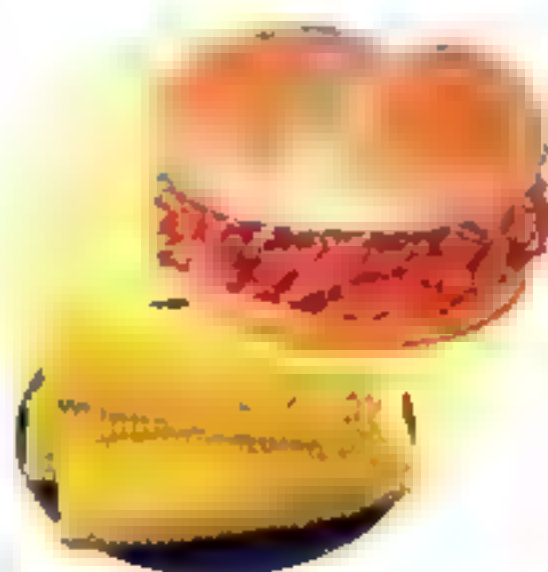
KFC

Healthiest Meal
Honey BBQ sandwich and Large Corn on the Cob
(460 calories, 4.5 g fat)
... Surprise! This sandwich has even less fat than the grilled chicken breast. So go ahead and also order one of the healthier sides. The large ear of corn offers 4 g of feel-full fiber, but if you get the green beans (20 calories, 0 g fat) or even the mashed potatoes with gravy (120 calories, 3 g fat) instead, your meal will still be less than 500 calories.



CHICK-FIL-A

Healthiest Meal
Char-Grilled Chicken Garden Salad with Honey-Roasted Sunflower Kernels & Light Italian Dressing and Large Fruit Cup
(395 calories, 14 g fat)
... Loaded up with cheese and creamy dressings, a salad can do more damage than a cheeseburger. But this one starts at only 180 calories. Feel free to sprinkle on the sunflower kernels for some healthy fats (but skip the butter croutons). Bonus: The fruit cup delivers all your fruit servings for the day.



MORE TIME?

Check out these options at some not-as-fast restaurants.

PANERA
Cup of Vegetable Soup with Pesto and Half of a Smoked Turkey Sandwich
(380 calories, 5 g fat)

PIZZA HUT
2 slices of medium Thin 'N Crispy Veggie Lovers Pizza
(360 calories, 12 g fat)

CHIPOTLE
Burrito Bowl with cilantro-lime rice, black beans, corn salsa and guacamole
(480 calories, 19 g fat)

NOODLES & COMPANY
Small Bangkok Curry with Sautéed Shrimp
(285 calories, 6 g fat)

FAZOLI'S
Grilled Chicken Artichoke Salad with Lemon Basil Vinaigrette
(350 calories, 16 g fat)



Has your heavy period been keeping you away?

If you're like 1 in 5 women with heavy periods, you want to get back to life. NovaSure® is a one-time, 5-minute procedure that can lighten or end your heavy period. No pills. No hormonal side effects. For 90% of women, menstrual bleeding is dramatically reduced or stopped. It's a simple procedure that can be done in your doctor's office, usually for the cost of a copay. Talk to your doctor about stepping back into life with NovaSure. Life will be there to welcome you back.

Important Safety Information: NovaSure is for premenopausal women with heavy periods due to benign causes who are finished childbearing. Pregnancy following NovaSure can be dangerous. NovaSure is not for those who have or suspect uterine cancer, have an active genital, urinary or pelvic infection, an IUD or a metal uterine implant. NovaSure is not a sterilization procedure. Rare but serious risks include but are not limited to thermal injury, perforation and infection. Temporary side effects may include cramping, nausea, vomiting, discharge and spotting.

HOLOGIC
The Women's Health Company

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NovaSure
Stop your heavy period and restart your life

MAKE IT BETTER

Keep these tips in mind when ordering fast food meals:

When unsure what to order, go to the children's menu—you'll get the smallest size possible, plus healthier sides like apple slices.

•••••

Hold the mayo to eliminate more than 100 calories. Unless you say otherwise, it's usually slathered on your sandwich.

•••••

Toss the packages of crispy noodles and croutons that come with salads. These extras don't add anything except calories and fat.

•••••

Use half the packet of salad dressing. Thanks to the sugar, even low-fat and fat-free versions of most dressings can easily be more than 100 calories.

•••••

Make sure you order chicken grilled—not "crispy," which means fried—on sandwiches and salads.

•••••

Opt for leaner breakfast meats like ham or Canadian bacon instead of high-fat, high-cal sausage and regular bacon.

•••••

Request they cook your burger without added salt. At McDonald's you can order one minus the "grill seasoning," a mix of salt and pepper.



TACO BELL

Healthiest Meal

Fresco Bean Burrito (350 calories, 8 g fat)

••• There's a whopping 12 g of fiber in this burrito—that's nearly half the amount you need all day! Plus, the vitamin C in the tomato salsa will help you absorb more iron from the beans.

SUBWAY

Healthiest Meal

6-inch Veggie Delite Sub on Italian Bread, Subway Apple Slices, Small Bag of Baked Lay's (385 calories, 4.5 g fat)

••• This is the lowest-fat sub on the menu if you hold the cheese. But even with cheese, it has only about 7 g—that's 75% less fat than their 6-inch Tuna or Spicy Italian subs.



STARBUCKS

Healthiest Meal

Roasted Vegetable Panini

(350 calories, 12 g fat)
••• You'll get two whole servings of veggies with this sandwich, which is stuffed with zucchini, eggplant, peppers, sun-dried tomatoes and baby spinach. It also packs 40% of your daily vitamin C.

DUNKIN' DONUTS

Healthiest Meal

Egg White Turkey Sausage Flatbread (280 calories, 8 g fat)

••• This sandwich is served all day and is a much healthier pick than deli standbys like tuna salad. It's a good source of iron and fiber, and the reduced-fat cheese provides a third of your daily calcium.



TIP → When grabbing a beverage, choose a no- or low-calorie one, like water, diet soda, unsweetened tea or low-fat milk.

BEST BREAKFASTS

The ideal A.M. meal includes some protein and healthy fats to keep you full.

DUNKIN' DONUTS → Egg & Cheese Wake-Up Wrap (180 calories, 11 g fat) There are 8 g of filling protein but just 180 calories, so go ahead and get a nonfat latte for a calcium boost.

MCDONALD'S → Fruit & Maple Oatmeal (290 calories, 4.5 g fat) This new all-day menu item has two of the recommended three daily servings of whole grains and is a good source of calcium and iron (save 30 calories by skipping the brown sugar).

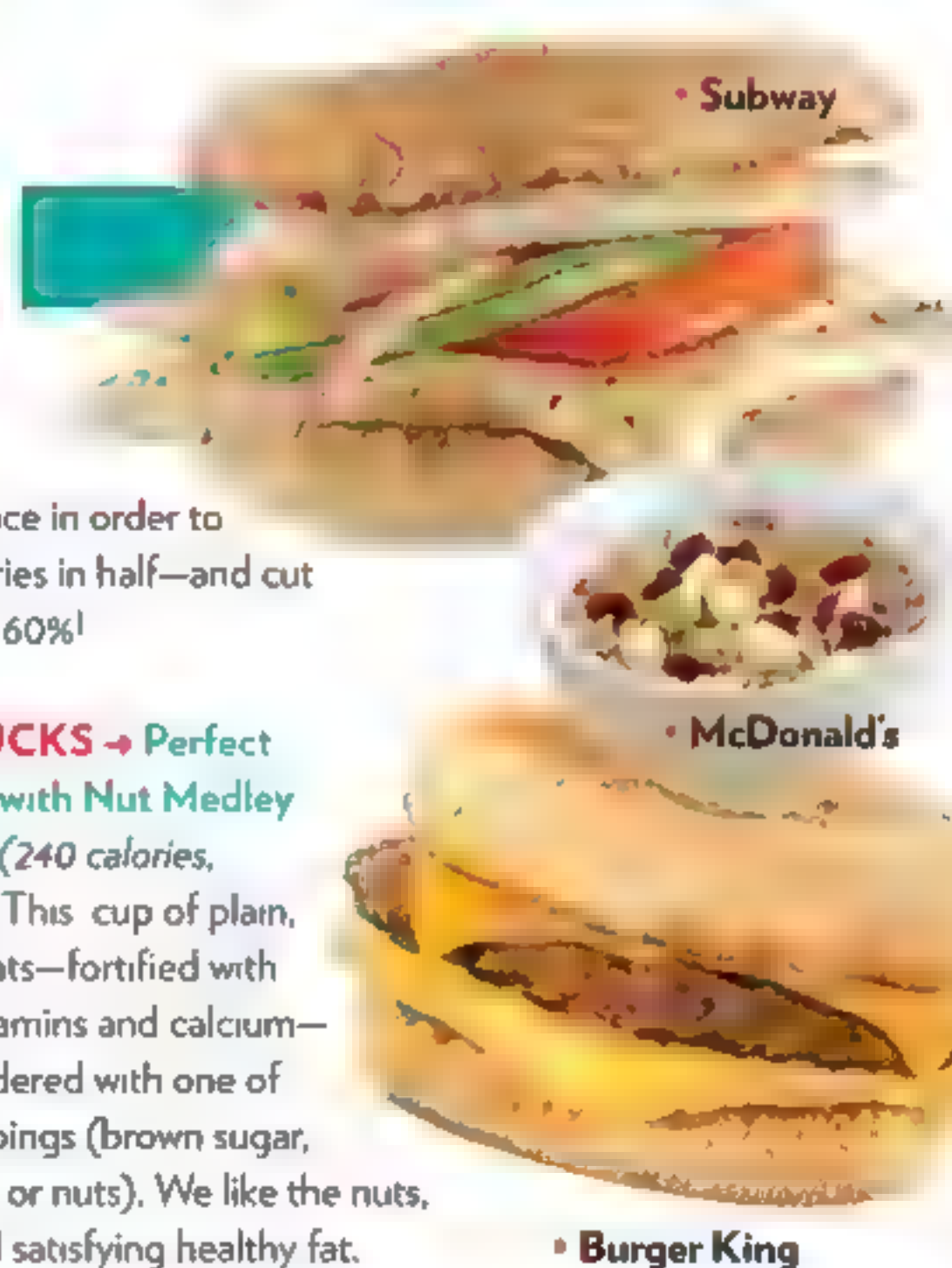
SUBWAY → Egg & Cheese Muffin Melt and Dannon Light & Fit Yogurt (250 calories, 6 g fat) You can order one made with only egg whites, but this melt has just 30 more calories—and you'll get added nutrients and feel fuller by keeping the yolk.

BURGER KING → BK Breakfast Muffin Sandwich (210 calories, 8 g fat) Swap out the sausage for ham and have them hold the Honey

Butter sauce in order to slash calories in half—and cut the fat by 60%!

STARBUCKS → Perfect Oatmeal with Nut Medley Topping (240 calories, 11.5 g fat) This cup of plain, cooked oats—fortified with iron, B vitamins and calcium—can be ordered with one of three toppings (brown sugar, dried fruit or nuts). We like the nuts, which add satisfying healthy fat.

CHICK-FIL-A → Sunflower Multigrain Bagel with One Folded Egg and Small Fruit Cup (380 calories, 11 g fat) Paired with an egg, this bagel is a filling meal. And unlike other fast food joints, Chick-fil-A assembles the fruit on-site.



Always running to the bathroom?

*Maybe your internal plumbing isn't working like it should.
This checklist can help you talk to your doctor about it.*

*When I go out, I always make
sure there's a bathroom nearby.*

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

*Once I get the sudden urge to go,
I can't wait.*

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

*I wear pads sometimes because
I worry I might accidentally leak.*

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

*I've had enough, and I'm ready
to do something about my
urges and leaks.*

<input type="checkbox"/>	<input type="checkbox"/>
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If you answered "Yes" to any of these, tear out this checklist and talk to your doctor about your results. Only your doctor can determine if you have overactive bladder. Once-daily VESicare is proven to treat overactive bladder with symptoms of frequent urges and leaks.* That's because it can help control your bladder muscle, day and night. So ask your doctor about taking care with VESicare.

*Results may vary

USE AND DOSE

VESicare is for overactive bladder with symptoms of urgency, frequency, and leakage. The recommended dose of VESicare is 5 mg once daily. If the 5-mg dose is well tolerated, your doctor may increase the dose to 10 mg once daily.

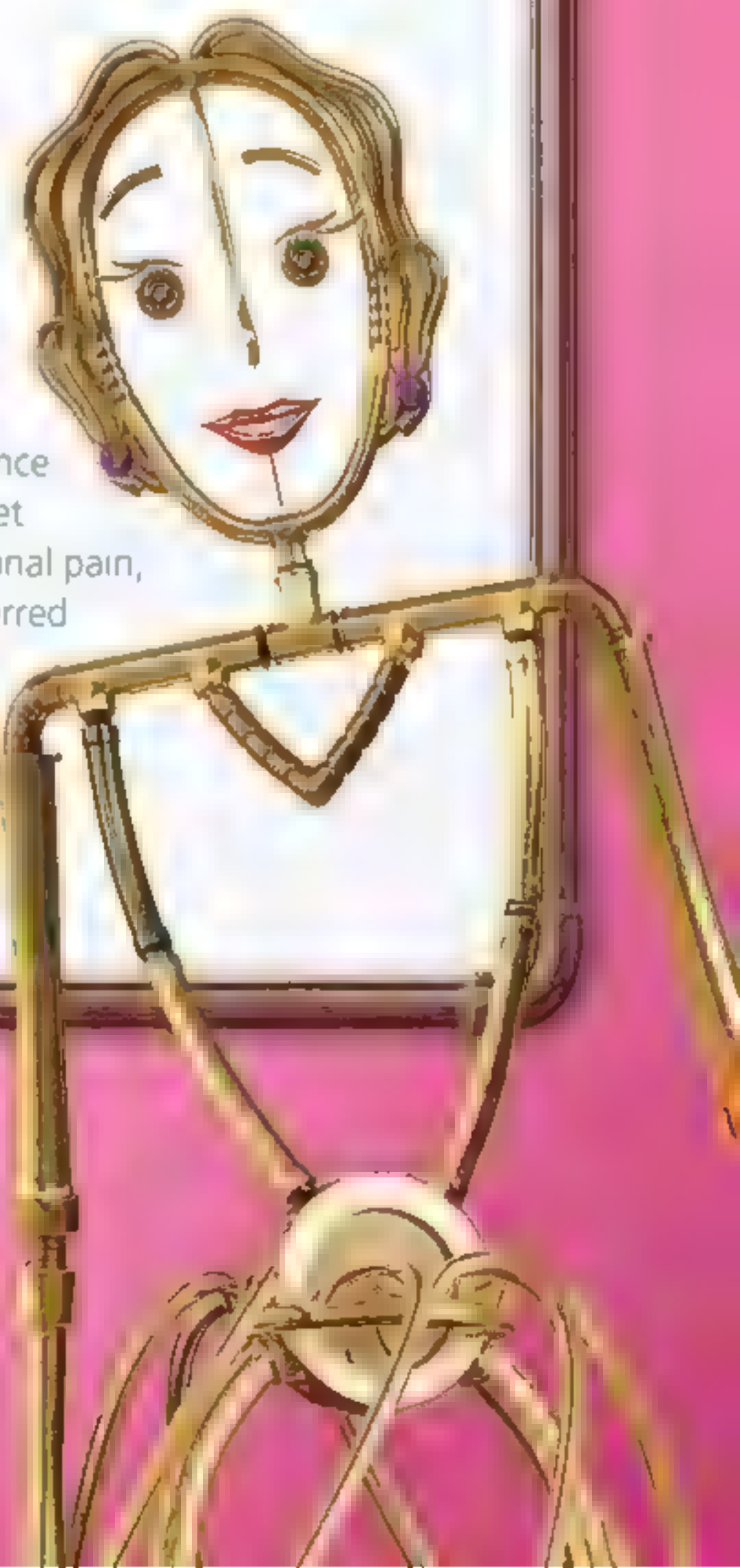
IMPORTANT SAFETY INFORMATION

VESicare is not for everyone. If you have certain stomach or glaucoma problems, or trouble emptying your bladder, do not take VESicare. VESicare may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat or tongue, stop taking VESicare and get emergency help. Tell your doctor right away if you have severe abdominal pain, or become constipated for three or more days. VESicare may cause blurred vision, so use caution while driving or doing unsafe tasks. Common side effects are dry mouth, constipation, and indigestion.

Please see Important Patient Information on the following page.



If you don't have prescription coverage,
visit ppapx.org, or call 1-888-4PPA-NOW (1-888-477-2669)



**First 30-day prescription
free† at vesicare.com,
or call (800) 403-6565.**

Some restrictions may apply.

**Take care with
VESicare**
(solifenacin succinate)
tablets



You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088

Clip here, tear out, and pipe up to your doctor.

Patient Information
VESicare® - (VES-ih-care)
(solifenacin succinate)

Read the Patient Information that comes with VESicare before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESicare is right for you.

What is VESicare?

VESicare is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- Having to go to the bathroom too often, also called "urinary frequency"
- Having a strong need to go to the bathroom right away, also called "urgency"
- Leaking or wetting accidents, also called "urinary incontinence"

VESicare has not been studied in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESicare?

Do not take VESicare if you:

- Are not able to empty your bladder (also called "urinary retention")
- Have delayed or slow emptying of your stomach (also called "gastric retention")
- Have an eye problem called "uncontrolled narrow-angle glaucoma"
- Are allergic to VESicare or any of its ingredients. See the end of this leaflet for a complete list of ingredients.

What should I tell my doctor before starting VESicare?

Before starting VESicare tell your doctor or healthcare professional about all of your medical conditions including if you:

- Have any stomach or intestinal problems or problems with constipation
- Have trouble emptying your bladder or you have a weak urine stream
- Have an eye problem called narrow-angle glaucoma
- Have liver problems
- Have kidney problems
- Are pregnant or trying to become pregnant (It is not known if VESicare can harm your unborn baby)
- Are breastfeeding (It is not known if VESicare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed or take VESicare, but not both)

Before starting on VESicare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESicare, tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESicare and other medicines may affect each other.

How should I take VESicare?

Take VESicare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.

- You should take one VESicare tablet once a day
- You should take VESicare with liquid and swallow the tablet whole
- You can take VESicare with or without food
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare the same day
- If you take too much VESicare or overdose, call your local Poison Control Center or emergency room right away

What are the possible side effects with VESicare?

VESicare may cause allergic reactions that may be serious. Symptoms of a serious allergic reaction may include swelling of the face, lips, throat or tongue. If you experience these symptoms, you should stop taking VESicare and get emergency medical help right away.

The most common side effects with VESicare are:

- Blurred vision. Use caution while driving or doing dangerous activities until you know how VESicare affects you
- Dry mouth
- Constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days
- Heat prostration. Heat prostration (due to decreased sweating) can occur when drugs, such as VESicare, are used in a hot environment

Tell your doctor if you have any side effects that bother you or that do not go away.

These are not all the side effects with VESicare. For more information, ask your doctor, healthcare professional or pharmacist.

How should I store VESicare?

- Keep VESicare and all other medications out of the reach of children
- Store VESicare at room temperature, 59° to 86°F (15° to 30°C). Keep the bottle closed
- Safely dispose of VESicare that is out of date or that you no longer need

General information about VESicare

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VESicare for a condition for which it was not prescribed. Do not give VESicare to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals. You can also call (800) 727-7003 toll free, or visit www.VESicare.com

What are the ingredients in VESicare?

Active ingredients: solifenacin succinate

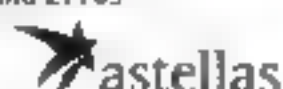
Inactive ingredients: lactose monohydrate, corn starch, hypromellose 2910, magnesium stearate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESicare tablet) or red ferric oxide (10 mg VESicare tablet)

Rx Only

Manufactured by:
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Norman, Oklahoma 73072

Marketed and Distributed by:
Astellas Pharma US, Inc.
Deerfield, Illinois 60015-2548

Marketed by:
GlaxoSmithKline
Research Triangle Park
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CIRCLE IT!

The Family Circle Roundtable

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- Cupcakes
- Frosting

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Get Real. Get Jelly Belly

To learn more, visit
JBCupcakeChallenge.com



THE ORIGINAL GOURMET JELLY BEAN®

**"I lost 42 lbs with Hydroxycut!
It really works!"**

Brittany Dobrin



Brittany Dobrin – Toronto, ON

Clinically Proven Weight-Loss Results¹

- 7x More Weight Lost by Subjects in Two Clinical Trials!²
- Significantly Reduce BMI
- Increase Energy!³

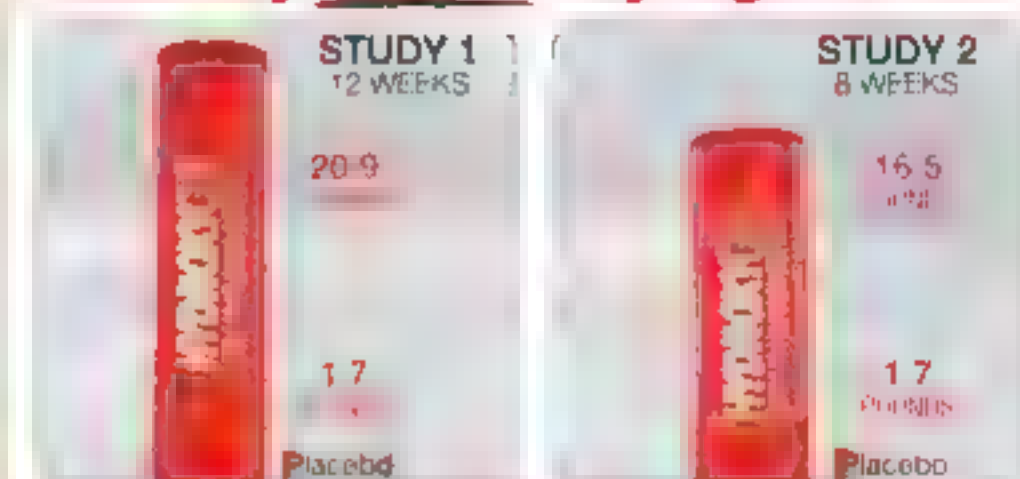
"I've reviewed the studies of the clinically proven key ingredients. Subjects lost significantly more weight than dieting alone. I highly recommend new Pro Clinical Hydroxycut."

Jeff Delson

– Dr. Jeff Delson, M.D.
New York, NY



Clinically Proven Key Ingredients⁴



¹Clinically tested in two studies where all groups followed a calorie-reduced diet, the key ingredients are proven for better weight-loss results than dieting alone! In study 1 (12 weeks), individuals using Hydroxycut key ingredients lost an average of 20.9 lbs. vs. those taking a placebo, who lost 1.7 lbs., and in study 2 (8 weeks), the results were 16.5 lbs. vs. 1.7 lbs.

**"I lost 34 lbs and I feel
beautiful!"**

Joanna Hinojosa



Joanna Hinojosa – Fort Worth, TX

**"I lost 40 lbs with Hydroxycut!
My results are 100% real!"**

Skylar Thompson



Skylar Thompson – Calabasas, CA



Hydroxycut.comSM

Individuals used Hydroxycut with diet and exercise and were remunerated.

²Data analysis of the results on the key HydroxyproviaTM ingredient blend in Pro Clinical HydroxycutTM showed that test participants lost 7 times more weight than placebo subjects.

³Another ingredient (caffeine anhydrous [1,3,7 trimethylxanthine]) supports increased energy.

⁴The key ingredients (HydroxyproviaTM blend) in Pro Clinical HydroxycutTM are Alchemilla vulgaris, Dielsia europaea, Cuminum cyminum and Mentha longifolia.

♦♦Based on R F/D/MX sales data for Hydroxycut caplets 2007-2008. Read the entire label before use. © 2010.



THE OCCASION JUST GOT SPECIAL.

www.campbellskitchen.com

Green Bean Casserole

Prep: 15 min. Bake: 30 min. Makes: 12 servings

2 cans (10 3/4 oz. each) Campbell's® Condensed Cream of Mushroom Soup (regular or 98% Fat Free or Healthy Request)	1/4 tsp. ground black pepper
1 cup milk	8 cups cooked cut green beans
2 tsp. soy sauce	1 can (6 oz.) French's® French Fried Onions (2 2/3 cups)

1. Stir soup, milk, soy sauce, black pepper, beans and 1 1/2 cups onions in 3-qt. casserole
2. Bake at 350°F for 25 min. or until hot. Stir.
3. Top with remaining onions. Bake for 5 min. more.

Tip: Toast 1/2 cup sliced almonds. Add with remaining onions.



It's amazing what soup can do.

© 2007 Campbell Soup Company

FOOD

→ HEALTHY MEALS → DELICIOUS DESSERTS → QUICK COOKING SOLUTIONS



Spear Bliss

Photo: Carecca, Stephen-Stockfood UK/Stockfood

Asparagus is a healthy vegetable that is low in calories and high in fiber. It is also a good source of vitamins A, C, and E. Asparagus is a versatile vegetable that can be eaten raw, cooked, or frozen. It is a great addition to any meal and is easy to prepare. To prepare asparagus, simply trim the woody ends and then cook them in a variety of ways. You can grill them, sauté them, or steam them. Asparagus is a delicious and healthy vegetable that is worth adding to your diet.

→ BY MEGAN BINGHAM

THE SEEDY SIDE

The unheralded heroes of the protein world, seeds are a great source of important nutrients.

CHIA

49 calories per tablespoon

Nutritional benefits

High in ALA (a type of omega-3) and calcium

Shown to help control blood sugar and reduce the risk of cardiovascular disease

How to eat them

Sprinkle into oatmeal, smoothies or baked goods.

SUNFLOWER

53 calories per tablespoon

Nutritional benefits

Rich in vitamin E, magnesium and phytosterols (compounds that can lower cholesterol)

How to eat them

Grab a handful for a wholesome midday snack.

PUMPKIN

43 calories per tablespoon

Nutritional benefits

Good supply of protein, magnesium, manganese and phosphorus

Packed with zinc to help fight bone loss

How to eat them

Mix into your favorite trail mix for a healthy crunch.



MAMMA MIA!

On a recent trip to Italy our food director visited legendary chef Mamma Agata. Bring a taste of her kitchen to yours with this recipe from her new cookbook, *Mamma Agata: Simple and Genuine* (mammaagata.com).

TRADITIONAL ZUCCHINI PASTA

SERVES 4

- 2 pounds zucchini, sliced into ¼-inch discs
- 4 tablespoons extra-virgin olive oil
- 2 cloves garlic, finely sliced
- 4 fresh basil leaves, torn
- 1 pound penne pasta, cooked and drained

- 1 cup smoked Provolone, cut into small cubes
- ½ cup Parmesan cheese, grated

- ① Place zucchini discs into a colander, sprinkle with a pinch of salt and let sit for 5 to 10 minutes to drain excess liquid.
- ② Add olive oil and garlic to large saucepan. Cook over low flame until garlic

is golden brown. Stir in zucchini, basil and a pinch of salt. Cover and let simmer for 5 minutes.

- ③ Add cooked pasta to the saucepan. Stir well and cook over low heat until warmed through. Stir in Provolone.

- ④ Remove from heat, sprinkle with Parmesan cheese and serve.

3 NEW IDEAS Hummus



- ① For a quick quesadilla, sprinkle ½ cup shredded Jack cheese on a flour tortilla; dollop 2 tablespoons spicy red-pepper hummus over cheese and add cilantro leaves, if desired. Top with another tortilla and microwave for 45 seconds. Cut into 4 wedges.

- ② Jazz up a burger by mixing 1 pound ground beef or turkey with ½ cup roasted-garlic hummus. Form into 4 patties and grill or broil for 3 minutes per side.

- ③ Remix your favorite egg salad. Coarsely chop 6 hard-boiled eggs; fold in ½ cup Greek olive hummus and 2 ribs chopped celery. Refrigerate 1 hour.

INSIDE JOKE

Treat your friends to a few of these clever tricks on April 1. Getting pranked never tasted so good!



Onion Ring Mints

No minty-fresh flavor here. Instead you get all the taste of a roadside diner, but none of the grease. From \$3



Prank Powder Decepti-Candy

From sour taste to foaming paste, these innocent-looking sprinkles turn devilish in your mouth. \$6



Fizzy Cupcake Drink Tabs

A sweet shock is in store for anyone who sips the bubbly concoction. From \$4



BaconPop

A popcorn with a meaty little secret: It's kosher and vegetarian. \$5

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A handful of sudden sophistication

—The New York Times



The ABCs of Omega-3s

It used to be that fish was the go-to way to get omega-3s. These essential fatty acids, according to solid scientific research, can improve heart health and may prevent certain types of cancers. Salmon, tuna and other sea dwellers are loaded with them, which is why we suggest that the Rebuccis eat fish twice a week (see familycircle.com/healthyfamily2011). Recently, however, numerous supermarket staples have been promoting their omega-3 credentials, so it's important to learn where these nutrients are derived from to ensure you're getting what you need.



Good-for-you ideas from Regina Ragone, our food director/registered dietitian

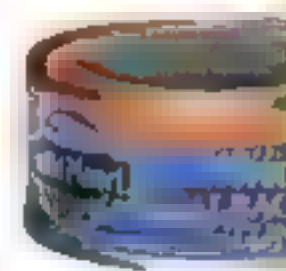


These all contain omega-3s, but fish is the most potent source.

*** Letter Perfect** There are three main dietary omega-3 fatty acids, and they aren't all created equal. Alpha-linolenic acid (ALA), occurs in plant foods like soybeans, canola oil and pumpkin seeds. The second and third types, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), found mostly in seafood, are most closely associated with boosting heart health. Since your body has to first convert ALA into EPA and DHA for it to be effective, and only a small amount actually gets converted, it's important to get the bulk of your omega-3s from fish sources.

*** Power of Two** Experts at the American Heart Association recommend eating fish twice per week. Each serving should be 3.5 ounces cooked, or about $\frac{3}{4}$ cup flaked (as in tuna.) Fatty fish like salmon, mackerel, herring, lake trout, sardines and albacore tuna contain the highest amounts of omega-3s. Now, if you're reading this and thinking, *No way does my family eat fish twice a week*, you're not alone—most people fall short. Just jump in and start somewhere. For an easy, tasty lunch, make a tuna or salmon salad (see ours, right). Aim to have fish for dinner once per week (see "Sea Change," page 108, for the recipes we developed for the Rebuccis). If you are concerned about mercury, follow the FDA and EPA guidelines that suggest women of childbearing age and children may eat up to 12 ounces a week of light tuna and "lower in mercury" seafood (like Pacific flounder, sole or scallops), or 6 ounces of albacore tuna.

→ PANTRY PICK I love Wild Planet's canned tuna and salmon, which is sustainably caught in Alaska by local fishing families. Available at supermarkets and wildplanetfoods.com.



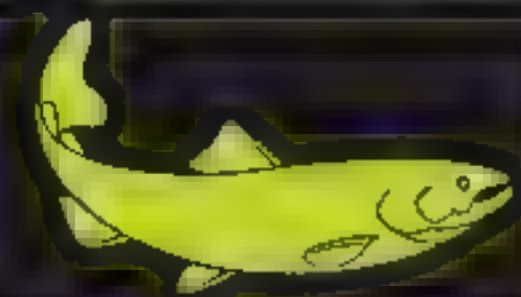
*** Reality Bites** If you don't love fish, add daily servings of foods like ground flaxseeds, walnuts and leafy greens into your diet. At your next physical, talk to your doctor about taking a fish oil supplement.

SALMON SALAD

MAKES 4 servings
PREP 20 minutes
CHILL 1 hour

In a medium bowl combine two 6-ounce cans or one 14 $\frac{3}{4}$ -ounce can salmon, drained and flaked, and skin and bones removed, $\frac{1}{2}$ cup chopped celery, 2 thinly sliced green onions and 3 tablespoons chopped sweet pickles. For dressing, in a small bowl, stir together $\frac{1}{2}$ cup light mayo, 1 tablespoon lemon juice and 2 teaspoons snipped fresh dill. Add to salmon mixture; toss to coat. Cover and chill for 1 hour. Serve as a sandwich filling or on mixed greens.

PER SERVING 141 calories; 9 g fat (2 g sat.); 9 g protein; 6 g carbohydrate; 1 g fiber; 270 mg sodium; 24 mg cholesterol



31%

Women in the Nurses' Health Study who ate fish at least twice a week lowered their risk of dying from heart disease by 31%.

Regular.



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SEA CHANGE

Get off the hook at dinnertime with these five family-pleasing ways to prepare heart-healthy fish.

recipes by michael tyrrell • photographs by 



tuna with fresh
cherry tomato sauce
page 112

scallop-quinoa paella
page 113



all recipes tested in the **Family Circle®** kitchens



smoky maple-rubbed salmon

MAKES 4 servings

PREP 15 minutes

BAKE at 450° for 45 minutes

COOK 11 minutes

- 4 medium sweet potatoes** (about 5 ounces each), scrubbed and patted dry
- 4 pieces salmon fillet** (about 6 ounces each)
- 4 teaspoons McCormick Grill Mates Smokehouse Maple seasoning**
- 1 large bunch kale** (about 1 pound), rinsed, cut into 2-inch pieces and rough ends removed
- 2 tablespoons olive oil**
- 4 cloves garlic, peeled and smashed**
- ¼ teaspoon salt**
- ⅛ teaspoon red pepper flakes**

① Heat oven to 450°. Line a 13 x 9 x 2-inch baking dish with foil.

② Place sweet potatoes on a baking sheet and bake at 450° for 45 minutes or until tender.

③ Meanwhile, place salmon fillets, skin-side down, in the prepared baking dish. Sprinkle 1 teaspoon of the seasoning evenly over each fillet. After sweet potatoes have baked 25 minutes, place salmon in oven and bake 15 to 20 minutes or until fish flakes easily.

④ While potatoes and salmon are baking, prepare kale. Heat oil in a large nonstick skillet. Add garlic and cook 1 minute, until golden. Add kale, salt and red pepper and cook 10 minutes, stirring occasionally, until tender.

PER SERVING 428 calories; 18 g fat (3 g sat.); 36 g protein; 31 g carbohydrate; 6 g fiber; 520 mg sodium; 90 mg cholesterol

GO GREEN »

Try this simple cooking method for preparing green leafy vegetables such as spinach, chard, broccoli rabe, bok choy and escarole. Slice into 1-inch-wide pieces and rinse. Heat 2 tablespoons olive oil in a large nonstick skillet over medium-high heat; add 4 cloves smashed garlic; cook 1 minute. Add vegetables and cook, covered, 5 to 10 minutes, stirring occasionally, until tender. Add a few tablespoons water if mixture becomes dry. Season with ¼ teaspoon salt and add red pepper flakes, if desired.

promotion

FamilyCircle's FAMILY NIGHT IN

With both kids and parents so overscheduled - don't forget to set aside time to really enjoy each other as a family. *Family Circle* encourages you to continue making "Family Night In" a regular tradition in your house this year.

NEED A LITTLE INSPIRATION?

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Visit familycirclepromo.com for more tips and recipes to make your next "Family Night In" unforgettable!



panko fish nuggets

MAKES 4 servings

PREP 20 minutes

BAKE at 450° for 30 minutes

- 1 tablespoon wasabi powder
- 5 tablespoons reduced-fat sour cream
- 3 tablespoons light mayonnaise
- 1 large scallion, chopped
- 2 large baking potatoes (about 10 ounces each), scrubbed and each cut into 8 wedges
- 1 tablespoon olive oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup all-purpose flour
- 4 egg whites
- 1 tablespoon Dijon mustard
- $1\frac{1}{2}$ cups panko bread crumbs
- $1\frac{1}{2}$ pounds cod, cut into $1\frac{1}{2}$ -inch pieces

① Heat oven to 450°. Place a large rack over a baking sheet and coat with nonstick cooking spray. Set aside.

② In a small bowl, stir together the wasabi powder

and 1 tablespoon water. Whisk in sour cream, mayonnaise and scallion. Refrigerate.

③ Place potatoes on a baking sheet and toss with olive oil and salt. Bake at 450° for 30 minutes or until tender, turning after 20 minutes.

④ Meanwhile, place flour in a shallow glass dish. In a second dish, whisk together egg whites and mustard. Place panko on a separate plate. Coat cod with flour, dip in egg mixture and coat with panko. Place fish pieces on prepared baking rack. Add pan to oven after potatoes have baked for 15 minutes. Bake fish for 15 minutes.

⑤ Serve cod with potato wedges and wasabi sauce on the side.

PER SERVING 478 calories; 12 g fat (4 g sat.); 45 g protein; 48 g carbohydrate; 2 g fiber; 525 mg sodium; 98 mg cholesterol

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Less than 1/3 the calories of milk*



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tuna with fresh cherry tomato sauce

MAKES 4 servings

PREP 15 minutes

MICROWAVE 25 minutes

- 1 bunch asparagus, ends trimmed
- 1½ pounds all-purpose potatoes, cut into ½-inch cubes
- ½ teaspoon salt
- 3 cups cherry tomatoes (about 18 ounces), halved
- 1 can (8 ounces) no-salt-added tomato sauce
- 3 hot cherry peppers, halved, seeds removed
- 1 tablespoon olive oil
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- 4 cloves garlic, sliced
- 4 tuna steaks (about 6 ounces each), 1 inch thick
- ½ cup fresh basil leaves

① Place asparagus in a glass pie plate. Add ¼ cup water and cover with microwave-safe plastic wrap, venting slightly at one corner. Microwave for 4 minutes.

② In an 8 x 8 x 2-inch microwave-safe dish, add potatoes and ½ cup water. Cover with plastic wrap, venting. Microwave for 10 minutes. Season with ¼ teaspoon of the salt.

③ Combine tomatoes, tomato sauce, peppers, oil, onion powder, dried oregano, garlic and ¼ teaspoon salt in a microwave-safe 11 x 8 x 2-inch dish. Microwave, uncovered, for 5 minutes. Add tuna; spoon sauce over top. Cover with plastic wrap and vent. Microwave 3 minutes.

④ Rotate dish, uncover and turn fish over; spoon sauce over top. Re-cover and microwave for an additional 3 minutes. Tear in basil leaves. Let stand, covered, 5 minutes.

⑤ Serve tuna and sauce with room-temperature asparagus and potatoes, gently reheating for a minute or 2, if desired.

PER SERVING 409 calories; 5 g fat (1 g sat.); 45 g protein; 46 g carbohydrate; 7 g fiber; 761 mg sodium; 80 mg cholesterol

DO THE WAVE

Fish benefits from quick, moist cooking such as in the microwave. These tips ensure success.

» Arrange pieces in a single layer in dish, largest toward the outside.

» For fillets, tuck thin ends under or roll up to avoid overcooked, dry edges.

» Butterfly steaks, such as tuna or swordfish, thicker than 1 inch.

» Cover with plastic wrap and vent at one corner.

» General rule is 6 to 9 minutes of cooking time per inch of thickness. Rotate halfway through cooking time if microwave does not have carousel. Let cooked fish stand 3 to 5 minutes to complete cooking.

MORE THAN A SNACK IT'S A SUPERFOOD

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BlueDiamond.com

From the
Almond
People

FOR COMPLETE NUTRITIONAL DATA, REFER TO: USDA NATIONAL NUTRIENT DATABASE
FOR STANDARD REFERENCE, RELEASE 22, 2010

scallop-quinoa paella



MAKES 4 servings **PREP** 15 minutes **COOK** 20 minutes

- 1 tablespoon olive oil
- 2 large sweet peppers, seeded and sliced
- 1 large onion, chopped
- 3 cloves garlic, sliced
- 1 can (14½ ounces) reduced-sodium chicken broth
- 1½ cups quinoa
- 1 jar (6 ounces) marinated artichoke hearts, drained and cut into quarters

- 1 cup frozen peas, thawed
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1½ pounds sea scallops

① Heat a large skillet over medium-high heat. Add oil, peppers, onion and garlic. Cook, stirring occasionally, for 5 minutes.

② Stir in chicken broth, 1 cup water, quinoa,

artichoke hearts, peas, salt and pepper. Bring to a simmer and add scallops. Simmer, covered, for 12 to 15 minutes or until quinoa is tender and scallops are cooked through.

③ Allow to stand 5 minutes, covered, before serving.

PER SERVING 436 calories; 11 g fat (1 g sat.); 38 g protein; 50 g carbohydrate; 8 g fiber; 799 mg sodium; 56 mg cholesterol

GOOD CATCH

Seafood packages must include the country of origin. Look for the following descriptions on labels; they indicate areas that are cultivating sustainability.

Salmon | Alaskan wild

Tuna | Albacore, U.S. Pacific-caught

Cod | U.S. Pacific-caught

Shrimp | U.S. farm-raised

Scallops | Northeast U.S.— and Canadian-harvested

FISH OUT OF WATER

- » Fish and seafood should smell clean and briny.
- » Pick fillets with a moist, shiny appearance and no discoloration.
- » Defrost frozen fish and seafood in the refrigerator overnight.
- » Store in coldest part of refrigerator, well wrapped, for 1 to 2 days.
- » General rule: Fish is perfectly cooked when an instant-read thermometer inserted in the thickest portion reads 145°.

familycircle.com

Get more good-for-you dinner recipes at familycircle.com/healthyfamilydinners

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the **Real Way**
to do **Sweet!**

Sign up for a Bake Sale today. Visit:
dominosugar.com/bakesale



arrabiata-style
shrimp

QUICK FIXES FOR SHRIMP

* SHRIMP AGLIO E OLIO

In a large skillet, heat 2 tablespoons olive oil over medium heat; add 6 cloves sliced garlic and cook 30 seconds. Stir in 1 pound large, thawed shrimp; cook 4 minutes. Season with $\frac{1}{4}$ teaspoon each salt and red pepper flakes. Add 3 tablespoons chopped parsley, $\frac{1}{2}$ pound cooked whole-wheat linguine and $\frac{1}{4}$ cup cooking liquid. Serves 4.

* SHRIMP & WHITE BEAN RAGOUT

Heat 1 tablespoon olive oil in a large, nonstick skillet over medium-high heat. Add 1 pound large, thawed shrimp, $\frac{1}{4}$ teaspoon each garlic salt, onion powder and crumbled dried rosemary. Cook 2 minutes; add 1 can (15½ ounces) rinsed Great Northern beans and cook 2 minutes, until heated through. Serve over rice. Serves 4.

* CURRIED SHRIMP MELTS

Combine $\frac{1}{2}$ pound chopped, cooked shrimp, 1 cup chopped celery, $\frac{1}{4}$ cup each light mayonnaise and reduced-fat sour cream, and $\frac{1}{2}$ teaspoon curry powder. Divide over 4 whole-wheat toasted English muffin halves and top each with 1 tablespoon shredded Jack cheese. Broil 1 minute. Serves 4.

MAKES 4 servings

PREP 10 minutes

COOK 11 minutes

- 1 tablespoon olive oil
- 3 cloves garlic, chopped
- 1 can (14½ ounces) fire-roasted crushed tomatoes
- $\frac{1}{4}$ cup dry white wine
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon red pepper flakes
- 1½ pounds large shrimp, shelled and deveined
- $\frac{1}{4}$ cup parsley, chopped
- 1 package (9 ounces) refrigerated whole-wheat linguine (such as Buitoni)
- 2 ounces ricotta salata, shredded

① Heat olive oil in large, nonstick skillet over medium-high heat. Add garlic and cook 1 minute, until golden. Stir in tomatoes, wine, salt and red pepper flakes. Simmer, uncovered, 5 minutes.

② Add shrimp and simmer 5 minutes, until shrimp is cooked through. Stir in parsley.

③ Meanwhile, cook pasta following package directions.

④ To serve, toss pasta with shrimp and sauce. Sprinkle with ricotta salata.

PER SERVING 456 calories; 9 g fat (3 g sat.); 40 g protein; 52 g carbohydrate; 3 g fiber; 708 mg sodium; 307 mg cholesterol ●

A Sweet Bake Sale Recipe



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GREAT AMERICAN
BAKESALE
NO KID HUNGRY

PRESENTED BY
Domino SUGAR CH

Brown Sugar Brownies

What you will need:

- 1 cup packed Domino® Light Brown Sugar
- $\frac{1}{2}$ cup (1 stick) butter or margarine, softened
- 2 eggs
- 2 ounces (2 squares) unsweetened chocolate melted
- $\frac{1}{2}$ cup all-purpose flour
- 1 cup coarsely chopped walnuts

Instructions:

Preheat oven to 325°F. Grease 8x8x2-inch baking pan. In large bowl, beat sugar and butter until light and fluffy. Beat in eggs, one at a time. Beat in chocolate, then flour. Stir in nuts. Pour into pan. Bake 25 minutes. Cool in pan and cut into bars. Makes 2 dozen bars.

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LOCO FOR TACOS

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**SHREDDED
BEEF TACOS**

PAGE 122

BY JULIE MILTENBERGER ||| PHOTOGRAPHY BY KATE MATHIS



BAJA-STYLE SHRIMP TACOS

PAGE 122







VEGGIE TACOS

MAKES 12 hard tacos PREP 10 minutes COOK 10 minutes MICROWAVE 45 seconds

- 2 tablespoons olive oil
- $\frac{3}{4}$ pound zucchini, trimmed and diced
- 3 scallions, trimmed and sliced
- 2 teaspoons chili powder
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 can (14.5 ounces) pinto beans, drained and rinsed
- 1 can (8 $\frac{3}{4}$ ounces) corn, drained and rinsed

- 2 cups baby spinach, chopped
- $\frac{3}{4}$ cup salsa verde (tomatillo salsa)
- 1 package (4.6 ounces) hard taco shells
- $\frac{2}{3}$ cup crumbled farmer cheese or queso blanco
- Lime wedges

① Heat oil in large nonstick skillet over medium to medium-high heat. Add zucchini and scallions and cook 5 minutes. Add chili powder, cumin, oregano,

salt and pepper. Cook 1 minute.

② Stir in beans, corn, spinach and salsa. Cook 3 to 4 minutes or until spinach is wilted.

③ Meanwhile, heat taco shells in microwave for 45 seconds, as per package directions. Spoon about $\frac{1}{3}$ cup veggie mixture into a taco shell and sprinkle with a little cheese. Add a squeeze of lime and serve.

PERTACO 160 calories; 7 g fat (2 g sat.); 5 g protein; 22 g carbohydrate; 4 g fiber; 458 mg sodium; 4 mg cholesterol





ON THE COVER

GRILLED CHICKEN TACOS

MAKES 8 soft tacos

PREP 15 minutes GRILL 12 minutes

1½ pounds boneless, skinless chicken breast cutlets

1 teaspoon adobo seasoning salt (such as Goya)

1 package small flour tortillas (8 per package)

Fresh Salsa (recipe page 122), shredded lettuce, shredded cheese, sour cream and Guacamole (recipe page 122), for serving

① If needed, pound chicken to even thickness. Sprinkle adobo seasoning salt onto both sides of the chicken.

② Heat grill or grill pan to medium-high heat. Lightly coat grill rack with oil. For broiler method, see **Note**, below. Grill chicken until cooked through, 5 to 6 minutes per side. Transfer to a cutting board.

③ Cut chicken crossways into thin strips. To serve, spoon about ¼ cup chicken strips onto a tortilla. Add Fresh Salsa, shredded lettuce, shredded cheese, sour cream and Guacamole.

Note. Heat broiler to high. Broil chicken until cooked through, about 6 or 7 minutes per side.

PERTACO 355 calories; 13 g fat (2 g sat.); 26 g protein; 34 g carbohydrate; 4 g fiber; 611 mg sodium; 49 mg cholesterol



GROUND BEEF TACOS SUPREME

MAKES 12 tacos PREP 15 minutes COOK 10 minutes MICROWAVE 45 seconds

1½ pounds 90% lean ground beef

2 tablespoons onion flakes

1 tablespoon chili powder

1 teaspoon garlic powder

½ teaspoon salt

¼ teaspoon ground cumin

¼ teaspoon black pepper

3 tablespoons tomato paste

1 package (4.6 ounces) hard taco shells

Shredded lettuce, diced tomato, grated pepper-Jack cheese and sour cream (optional)

① Heat a large nonstick skillet over medium-high heat. Crumble in beef and cook 5 minutes, stirring occasionally with wooden spoon to break up meat.

② Add onion flakes, chili powder, garlic powder, salt, cumin and pepper. Cook 3 minutes.

③ Whisk tomato paste together with ¼ cup water. Add to skillet. Cook 2 minutes, until thickened.

④ Meanwhile, heat taco shells in microwave for 45 seconds, as per package directions. Spoon ground beef filling into taco shells and serve with lettuce, tomato, cheese and sour cream, if desired.

PERTACO 147 calories; 5 g fat (2 g sat.); 14 g protein; 11 g carbohydrate; 1 g fiber; 239 mg sodium; 35 mg cholesterol



Text **FC TACOS** to **76477 (S-N-I-P-P)** to have this month's cover recipe and shopping list sent to your phone and e-mail. Standard text-messaging rates apply



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SHREDDED BEEF TACOS

MAKES 12 soft tacos

PREP 15 minutes **COOK** 26 minutes **PRESSURE COOK** 42 minutes (see Note)

- 2 tablespoons canola oil
- 1 flank steak (about 1½ pounds)
- 1 medium onion, chopped
- 1 green bell pepper, seeded and chopped
- 1 sweet red pepper, seeded and chopped
- 2 teaspoons chili powder
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 cloves garlic, chopped
- ½ teaspoon dried oregano
- 1 can (14.5 ounces) fire-roasted diced tomatoes
- ½ cup reduced-sodium 99% fat-free beef broth
- 1 package (7.5 ounces) soft corn tortillas
- Lettuce, diced red onion, shredded cheese (optional)

① Heat 1 tablespoon of oil over medium-high heat in pot of a pressure cooker (To buy a Fagor 6-quart pressure cooker, \$125.95, see page 123). Brown steak 5 to 6 minutes, turning once. Remove to a plate.

② Reduce heat to medium and add remaining tablespoon oil to pot. Stir in onion, peppers, chili powder, cumin, salt and pepper. Cook 3 minutes, stirring occasionally. Stir in garlic and oregano; cook 2 minutes more.

③ Return steak to pot with any drippings, and top with tomatoes and beef broth. Lock lid in place. Over high heat, bring up to pressure, about 7 minutes. Lower heat to maintain pressure; cook 35 minutes.



④ Quick-release pressure by setting under cool running water. Open lid away from you, letting any excess steam escape.

⑤ Remove steak to a cutting board and cut across grain into 2-inch strips. Return sauce in cooker to medium heat and simmer, uncovered, 15 minutes. Meanwhile, shred meat with 2 forks and return to pot. Serve shredded beef and sauce on corn tortillas. Top with lettuce, diced red onion and cheese, if desired.

Note. For traditional stove-top method, use a 4-quart heavy lidded pot and proceed with recipe through beginning of step 3. After adding steak, tomatoes and beef broth to pot, cover and cook over low heat for 1½ hours. Continue with recipe at step 5.

PER TACO 122 calories; 6 g fat (2 g sat.); 13 g protein; 4 g carbohydrate; 1 g fiber; 230 mg sodium; 24 mg cholesterol

BAJA-STYLE SHRIMP TACOS

MAKES 8 tacos

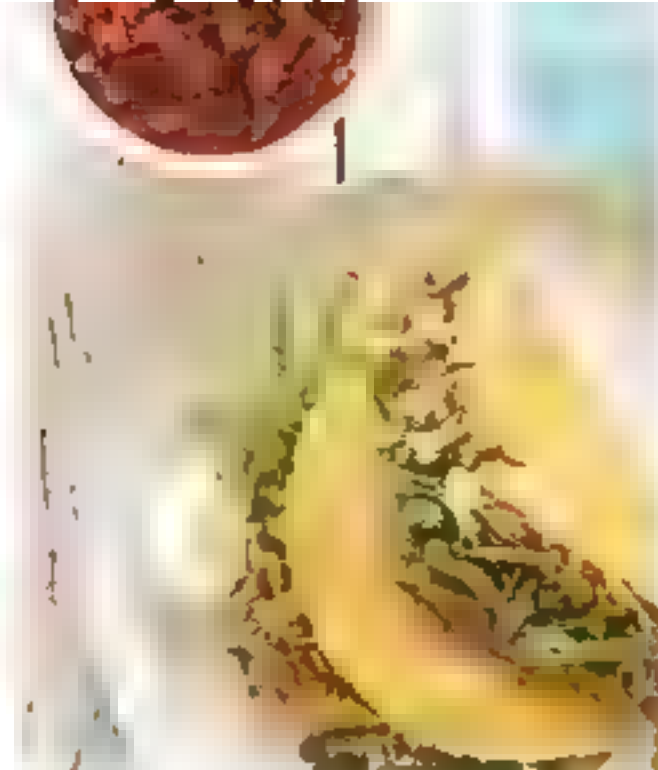
PREP 15 minutes **MARINATE** 10 minutes **BROIL** 7 minutes

MARINADE AND DRESSING

- ⅓ cup cilantro leaves, finely chopped
- ¼ cup fresh lime juice
- ¼ cup olive oil
- 1 tablespoon honey
- ½ teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon ground cumin
- ¼ teaspoon pepper

TACOS

- 1 pound cleaned medium shrimp (35-40 count)
- 4 cups finely shredded cole slaw mix (or green and red cabbage)



- 1 package taco-size flour tortillas (8 per package)
- 1 cup prepared guacamole

① **Marinade and Dressing.** In a small bowl, whisk together cilantro, lime juice, oil, honey, chili powder, salt, cumin and pepper.

② **Tacos.** Heat broiler to high. In medium-size bowl, combine ¼ cup of the marinade and the shrimp. In second medium-size bowl, combine remaining marinade and the cole slaw mix. Let both marinate for 10 minutes.

③ Transfer shrimp to a broiler pan. Broil, 2 to 3 inches from heat, for 6 to 7 minutes, turning once.

④ Spread a tortilla with about 2 tablespoons guacamole. Top with 4 or 5 shrimp and ¼ cup slaw. Repeat with all ingredients.

PER TACO 285 calories; 15 g fat (4 g sat.); 7 g protein; 34 g carbohydrate; 1 g fiber; 656 mg sodium; 10 mg cholesterol

PORK CARNITAS

MAKES 10 servings

PREP 15 minutes **SLOW COOKER** 3 hours on HIGH or 6 hours on LOW

- 2 pounds pork loin, trimmed and cut into 1-inch pieces
- 4 garlic cloves, minced
- ½ cup cilantro leaves plus ¼ cup chopped cilantro
- 1 large onion, chopped
- 1½ teaspoons dried oregano
- 1 teaspoon orange zest
- ¾ teaspoon salt
- ¼ teaspoon red pepper flakes
- 1 can (14.5 ounces) low-sodium chicken broth

Zest and juice of one lime

- 1 package (7.5 ounces) soft corn tortillas
- Shredded romaine lettuce, sour cream and salsa (optional)

① Combine pork, garlic, ⅓ cup cilantro leaves, onion, oregano, orange zest, salt and red pepper flakes in slow cooker bowl and pour broth over top so pork is mostly submerged. Cover and cook on HIGH for 3 hours or LOW for 6 hours or until pork is very tender.

② Remove pork from slow cooker using a slotted spoon and let cool slightly. When cool, shred pork and stir together with ¼ cup cilantro, lime zest and juice, and ½ cup cooking liquid. Serve in warmed tortillas with lettuce, sour cream and salsa, if desired.

PER TACO 204 calories; 6 g fat (2 g sat.); 22 g protein; 16 g carbohydrate; 3 g fiber; 524 mg sodium; 50 mg cholesterol ●

FRESH SALSA

In a medium bowl, combine 1 pound tomatoes, cored and chopped; 1 medium red onion, finely chopped; ¼ cup fresh cilantro, chopped; 1 clove garlic, chopped; 1 jalapeño, seeded and finely chopped; ½ teaspoon salt; ¼ teaspoon black pepper; 1 tablespoon lime juice; and 1 tablespoon olive oil.

GUACAMOLE

Peel, pit and mash 2 avocados. Stir in ½ cup Fresh Salsa and ½ teaspoon salt.



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PLAY BALL! STUBHUB GIFT CARD CONTEST ABBREVIATED RULES

Page 44: No purchase necessary to enter or win. Subject to Official Rules and entry at momster.com/contests/stubhub. The StubHub Sweepstakes begins at 12 A.M., E.T. on February 22 and ends at 11:59 P.M., E.T. on March 29. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person with a valid e-mail address. Void where prohibited. Sponsor: Meredith Corporation.

HAWAII FOR FAMILIES: MAUI VACATION PACKAGE ABBREVIATED RULES

Page 66: No purchase necessary to enter or win. Subject to Official Rules and entry at momster.com/contests/hawaii. The Hawaii Sweepstakes begins at 12:01 A.M., E.T. on February 22, 2011 and ends at 11:59 P.M., E.T. on March 22, 2011. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person with a valid e-mail address. Void where prohibited. Sponsor: Meredith Corporation.

•style

STYLE NEWS

Page 73: Talbots, Talbots stores and talbots.com, \$150. Pants, **Zara**, zara.com for store locations, \$60.

Page 74: Frock 'n' Roll: **Target GO International Designer Collective**, Target stores and target.com, \$40/each. Soft Spot: **Dial**, drugstores, \$7 for 21 oz. **Curel**, drugstores, \$8.

BUYER'S GUIDE

Nivea, drugstores, \$6. **Haute Hands: Sally Hansen**, drugstores, \$10. **OPI**, Ulta, \$8.50. **Inner Beauty: Skintervention: The Personalized Solution for Healthier, Younger, and Flawless-Looking Skin**, hcibooks.com, \$15.

BASIC INSTINCT

Page 78: Tunic, **Hessnatur by Eviana Hartman**, hessnatur.com, \$158. Pants, **Seaton**, 808-382-8260, \$98. Sandals, **Nicole**, musthaveshoes.com, \$145. Sunglasses, **Emporio Armani**, emporioarmani.com, \$180. Bangle, **SURvolution**, surevolution.com, \$90.

Page 79: Top, **Dots**, dots.com for store locations, \$16. Bra, **Cosabella**, 305-534-4731, \$76. Shorts, **Coldwater Creek**, coldwatercreek.com, \$50. Clutch, **Menbur Nardo**, endless.com, \$127.50. Cuff, **Ted Rossi**, tedrossi.com, \$70.

Page 80: Dress, **H&M**, hm.com for store locations, \$149. Sandals, **Nina**, ninashoes.com, \$90. Glasses, **Selima Optique**, 212-343-9490.

Page 81: Tunic, **Coldwater Creek**, coldwatercreek.com, \$140. Pants, **Boden**, bodenusa.com, \$128. Sandals, **Miss Sixty**, zappos.com, \$156. Bangle, **Mango Tree**, mangotreebangles.com, \$20.

Page 82: Dress, **Petit Bateau**, 212-988-8884, \$112. Heels, **Kenneth Cole New York**, kennethcole.com for store locations, \$178. Necklace, **Circa Sixty Three**, circasixtythree.com, \$30. Bangle, **AV Max**, avmaxaccessories.com, \$40.

Page 83: Dress, **Target GO International Designer Collective**, Target stores and target.com, \$40. Bangles, **Mango Tree**, mangotreebangles.com, \$20/each. ●

under pressure

6-QUART FAGOR FUTURO PRESSURE COOKER

→ page 122

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my family life

→ BY PATTY A. MARTINEZ



AMY BRENNEMAN

Unlike her character on *Private Practice*, this 46-year-old mom doesn't analyze every detail of her life. Instead, Amy and director-husband Brad Silberling live in the moment, embracing each one with kids Charlotte, 10, and Bodhi, 5.

Your kids are five years apart. Do they have similar personalities?

Yeah, but all four of us are type A people. We're very strong-willed and spirited. I think I got my drive and optimism from my parents.

Speaking of your parents, your mom was a judge and your dad, a lawyer. Was there pressure to

follow in their footsteps?

They'd ask jokingly, "When will you be done with this acting thing so you can start law school?" But they got it.

What about your kids? Are they also natural-born performers? Bodhi is an entertainer who is very interested in his facial expressions. He'll say, "Mom, tell me to look surprised!"

Charlotte, on the other hand, might be a director like her father. She really likes to tell people what to do—and conversely doesn't like to be given direction.

Does she get in trouble at home for that? She always tries to be bossy with me. I say, "Charlotte, I'm an actress. People tell me what to do all day long. And right now I'm off the clock."

It sounds like you rely on humor a lot. I get my buttons pushed all the time, so I try to see the funny side of things. When Charlotte acts bratty, I mimic her. I'm sure the parenting pros will tell me this is bad, but she cracks up. It's how I get her out of a mood.

The mother-daughter relationship can be tricky. You can say that again. Charlotte's not the easiest kid—although I'm not the easiest parent, either! She had some speech delays so we couldn't use language as a tool until she was about 4. That created fear and frustration for both of us.

What about some of your best mom moments? I'm proud of not over-structuring my kids' time. I also love that I can be honest with them, even on bad days. Although ultimately, I think kids hear what they want to hear!

it's all relative

How you know her

Before she was a psychiatrist on *Private Practice*, Amy played the title character on *Judging Amy* and costarred on *NYPD Blue*.

Art-challenged

"Bodhi and I took a crafts class and one of the activities was creating mice from felt. I was extremely proud of myself—until I realized the other moms had whipped out seven mice in the time it took me to do one."

Love of my life

"The best thing about Brad is he's such a dude—and a sexy dude! But he's also completely emotionally available. Even in the midst of chaos, we can recognize each other and remember who we were before parenthood."

Happy time "When my kids and I are belly laughing together, I wish I could file away the memory forever."

Snack attack "I like to think whatever I eat after 10 P.M. doesn't count. I've been known to fall into bed in a food coma at 1:30 A.M. I tell myself, *Go to bed now! That way you won't eat all those brownies!*"

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"As moms we try to do too much, and we set ourselves up for failure. Just take things slow—life will work out."

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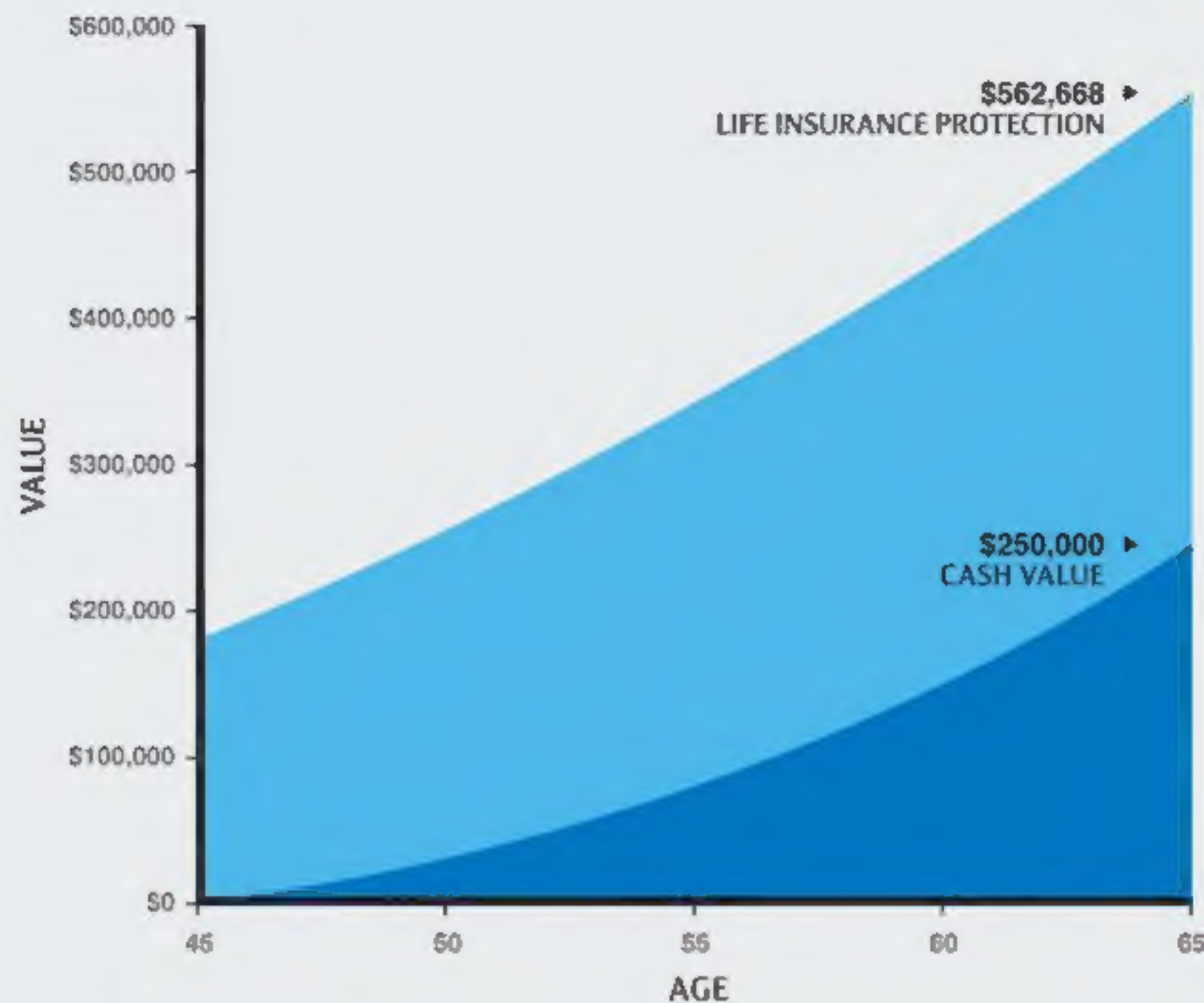
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*These figures represent the guaranteed cash value and guaranteed life insurance benefit of both the base policy and the PUAI purchased by an annual \$3,977.21 out-of-pocket payment. Guaranteed cash value begins accumulating at the end of the first policy year. Guarantees are backed by the claims-paying ability of New York Life Insurance Company. In Oregon, the Whole Life policy form number is 208.50.27. The form number for the OPP Rider is 208-330, which is a general form number and not specific to the state of Oregon.